Fighting Monarch

- A Resistance Site For Survivors of CIA, NSA, Tavistock, and Illuminati Mind Control -

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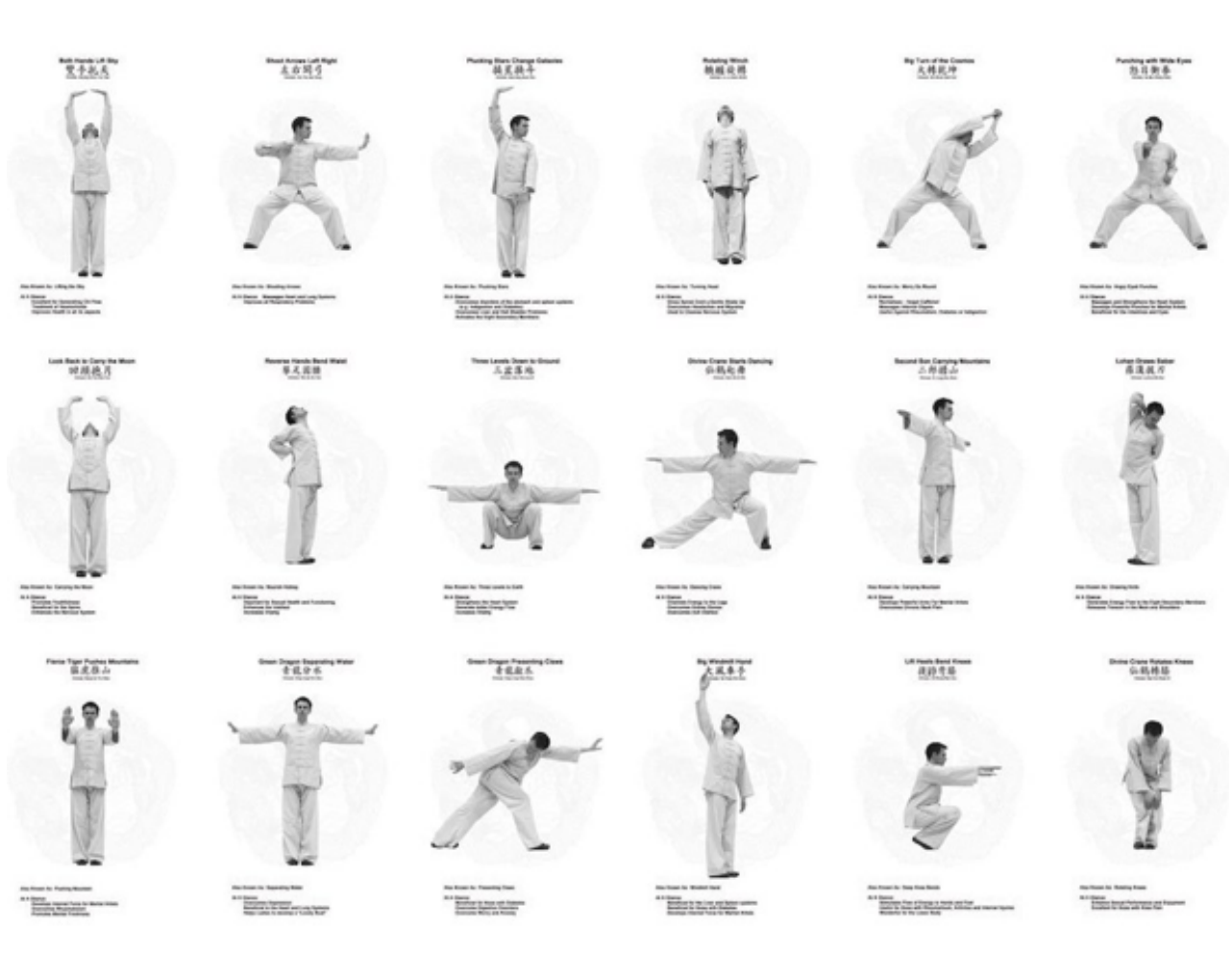
MK-ULTRA: THE SCIENTIFIC BASIS OF KUNDALINI AWAKENING

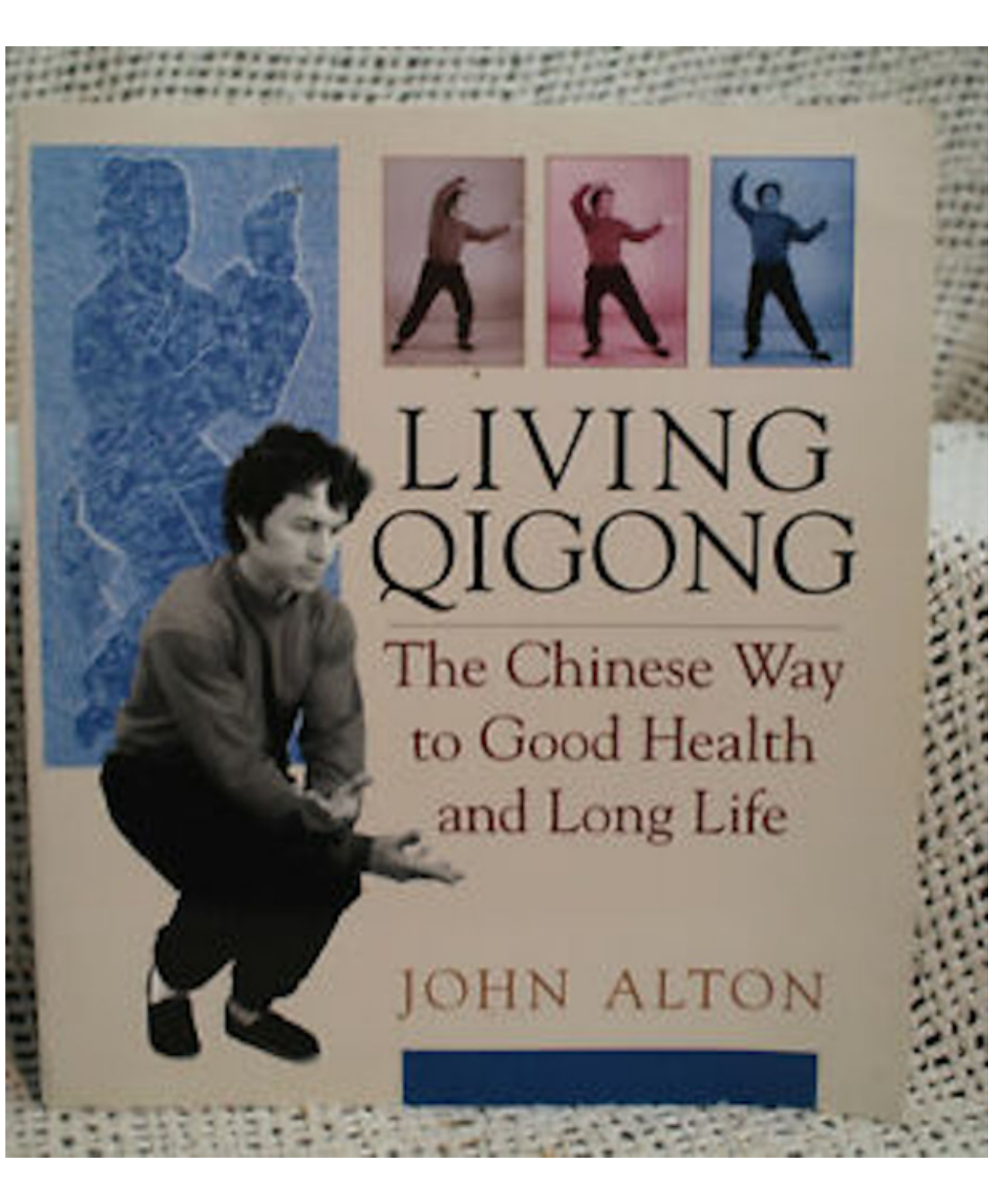
May 6, 2019

fightingmonarch

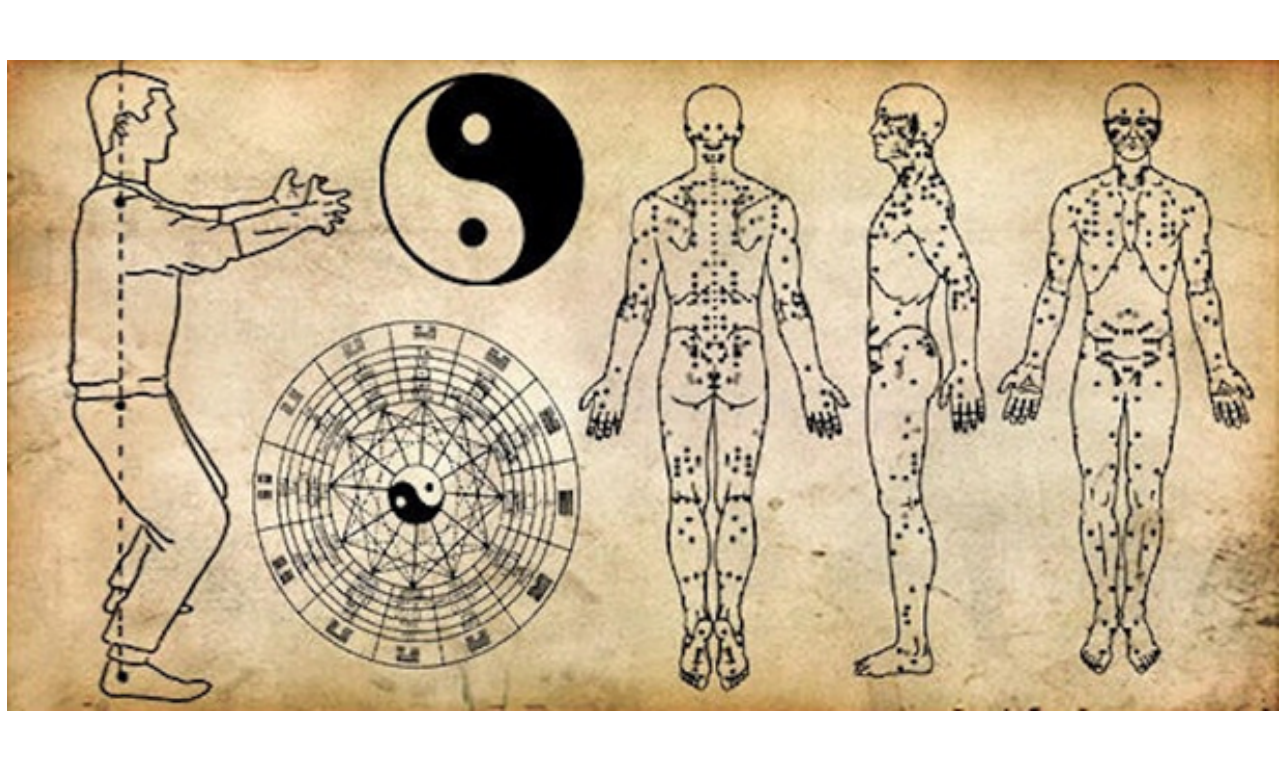
For years I practiced qigong (ch'i kung), moving and visualizing electromagnetic energy in my body.



I was lucky to have a very good teacher, John Alton, an English professor with black belts in karate and tae kwan do, who studied gongfu (k'ung fu) in China, where he learned medical qigong to heal an injury.

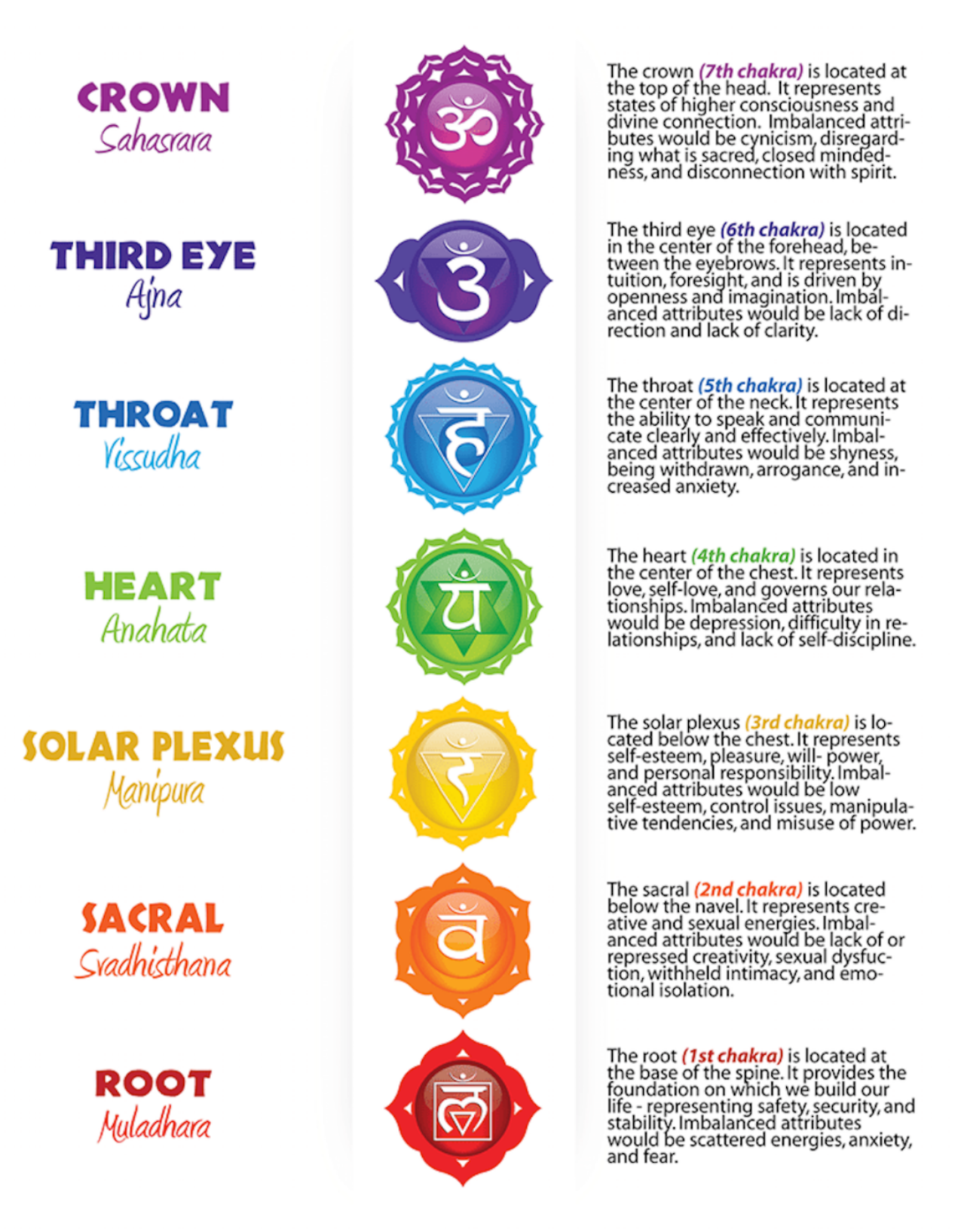


I learned the twenty-four step yang form, the small universe, the large universe, and various other exercises.



Like many in the 1960s, and some young people today, I became interested in qi (ch'i), chakras, and the human potential movement as a result of my experience with drugs. I wanted to explore spiritual experiences similar to my psychedelic experiences.

As the fellow above indicates, people tend to move from psychedelics to kundalini–rather than to qigong (ch'i kung), gongfu (k'ung fu), or other forms of yoga. This involves a focus on different colored chakras.


CROWN
Sahasrara
THIRD EYE
Ajna
THROAT
Vissudha
HEART
Anahata
SOLAR PLEXUS
Manipura
SACRAL
Svadhisthana
ROOT
Muladhara

The crown (7th chakra) is located at the top of the head. It represents states of higher consciousness and divine connection. Imbalanced attributes would be cynicism, disregarding what is sacred, closed mindedness, and disconnection with spirit.

The third eye (6th chakra) is located in the center of the forehead, between the eyebrows. It represents intuition, foresight, and is driven by openness and imagination. Imbalanced attributes would be lack of direction and lack of clarity.

The throat (5th chakra) is located at the center of the neck. It represents the ability to speak and communicate clearly and effectively. Imbalanced attributes would be shyness, being withdrawn, arrogance, and increased anxiety.

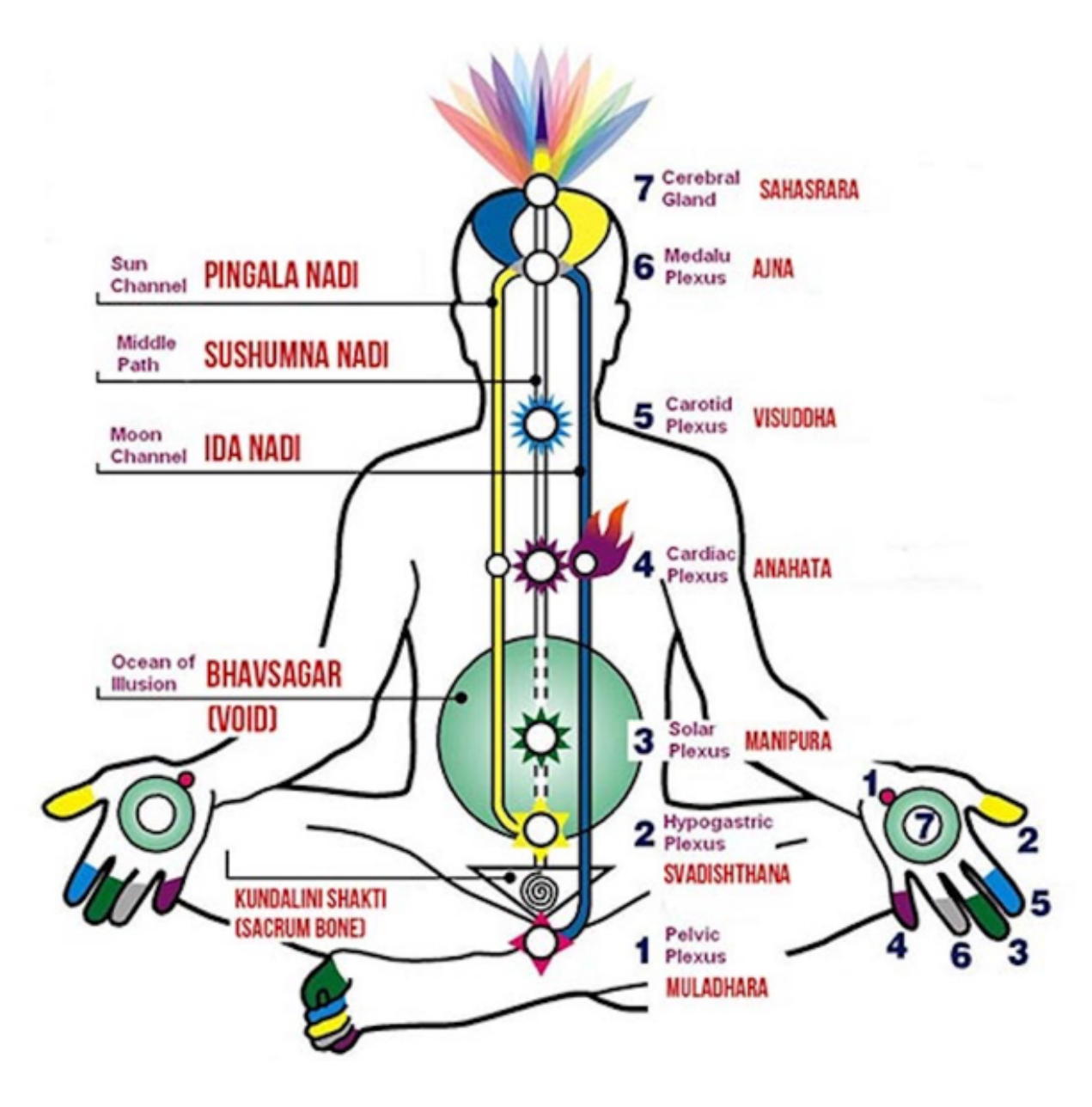
The heart (4th chakra) is located in the center of the chest. It represents love, self-love, and governs our relationships. Imbalanced attributes would be depression, difficulty in relationships, and lack of self-discipline.

The solar plexus (3rd chakra) is located below the chest. It represents self-esteem, pleasure, will- power, and personal responsibility. Imbalanced attributes would be low self-esteem, control issues, manipulative tendencies, and misuse of power.

The sacral (2nd chakra) is located below the navel. It represents creative and sexual energies. Imbalanced attributes would be lack of or repressed creativity, sexual dysfunction, withheld intimacy, and emotional isolation.

The root (1st chakra) is located at the base of the spine. It provides the foundation on which we build our life - representing safety, security, and stability. Imbalanced attributes would be scattered energies, anxiety, and fear.

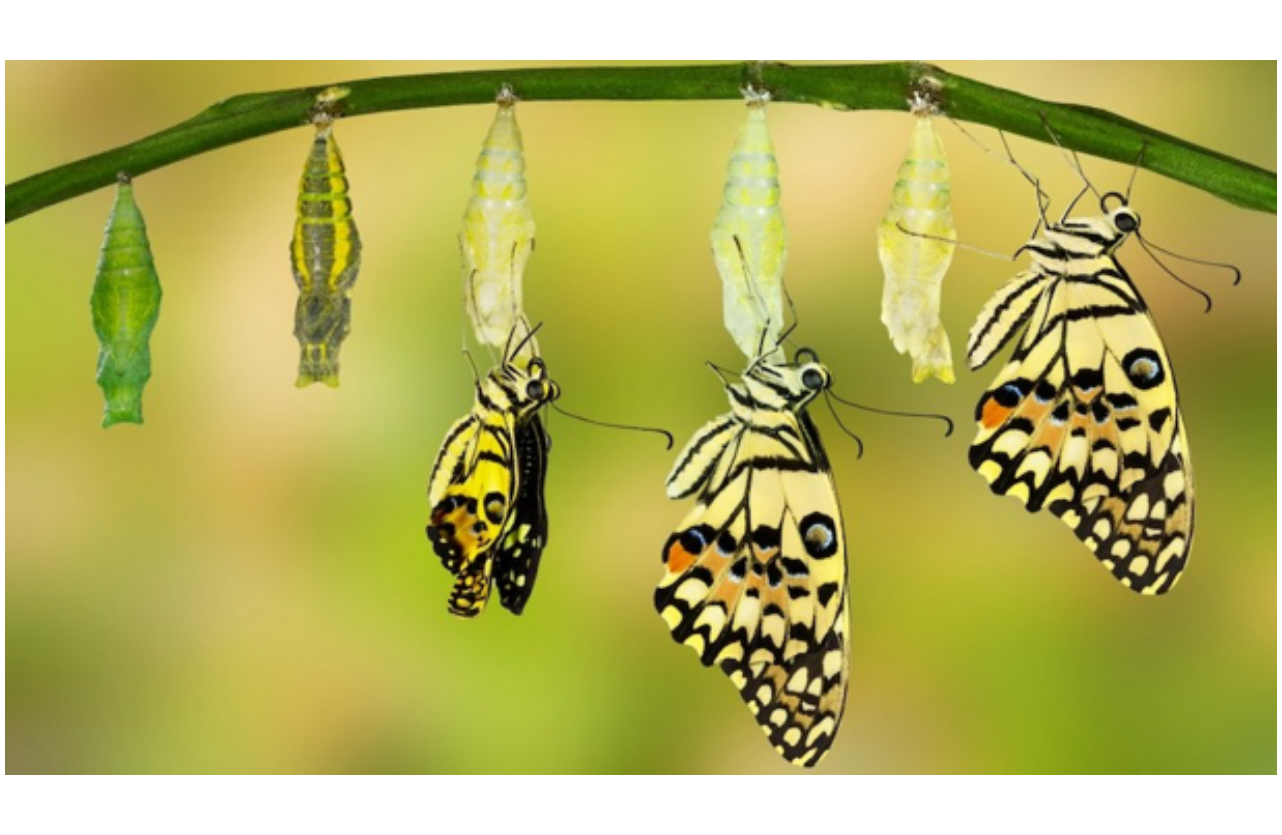
Kundalini practitioners often come from drug experiences, and their practice involves meditation similar to qigong.


Sun Channel PINGALA NADI
Middle Path SUSHUMNA NADI
Moon Channel IDA NADI
Ocean of Illusion BHAVSAGAR (VOID)
KUNDALINI SHAKTI (SACRUM BONE)
7 Cerebral Gland SAHASRARA
6 Medula Plexus AJNA
5 Carotid Plexus VISUDDHA
4 Cardiac Plexus ANAHATA
3 Solar Plexus MANIPURA
2 Hypogastric Plexus SVADISHTHANA
1 Pelvic Plexus MULADHARA
7 1 2 5 4 6 3

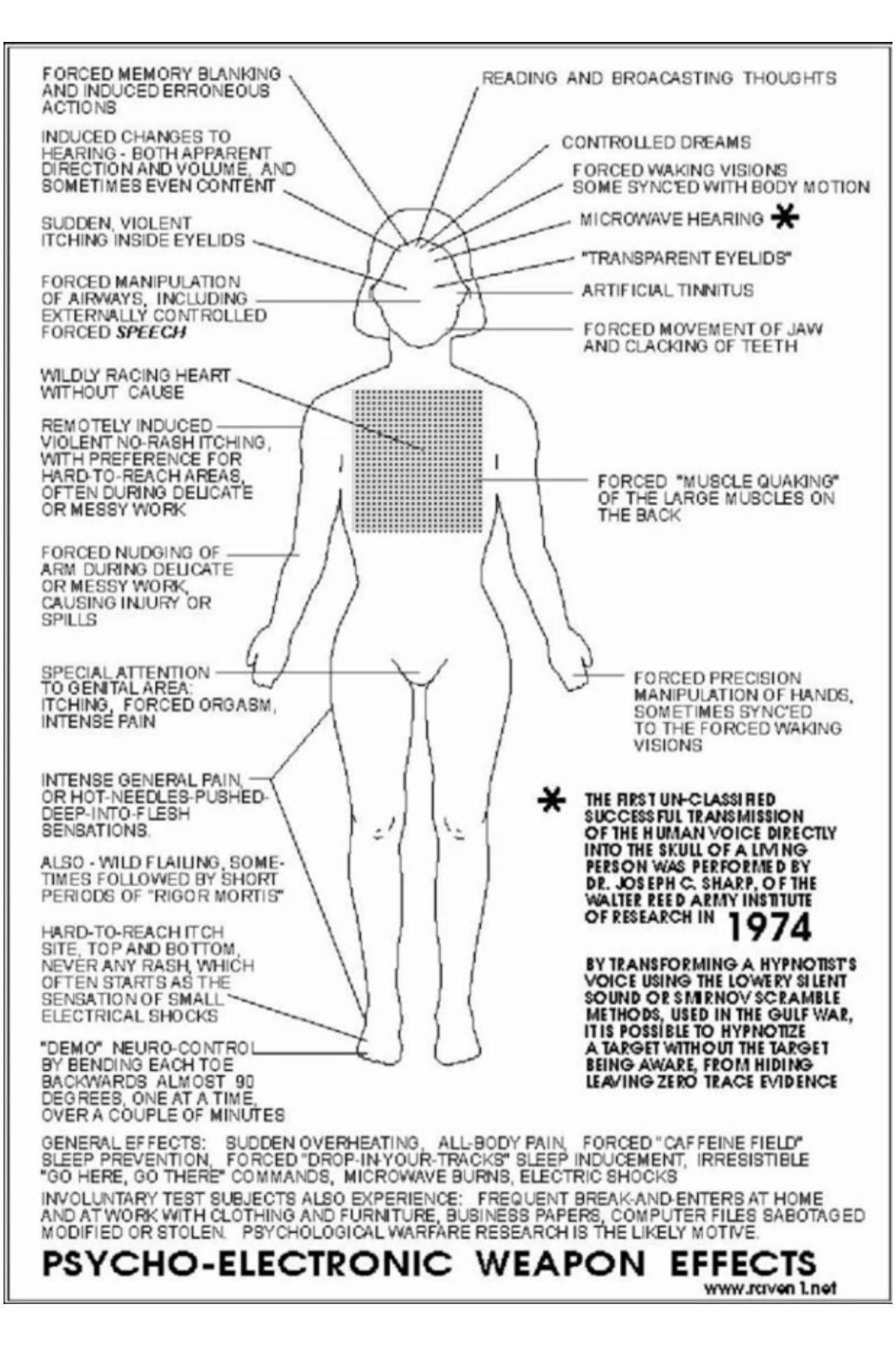
Some speak of a kundalini awakening. The following article describes the following signs: (1) things fall apart, you have a nervous breakdown, or your life isn't working; (2) unpleasant physical, emotional, or energetic symptoms; (3) desperation and willingness to try new things; (4) apparent occurrences of synchronicity or the sense of a guiding force in one's life; (5) oversensitivity to one's environment; (6) reliving sexual trauma; (7) listening to inner voices; and (8) a sense of destiny.

Eight Signs of a Kundalini Awakening (online)

Eight Signs of a Kundalini Awakening (archived)



Let's think about that. And let's start with the physical and emotional symptoms, which include uncontrollable shaking, visual disturbances, nervousness, fearfulness, depression, and sleeplessness.

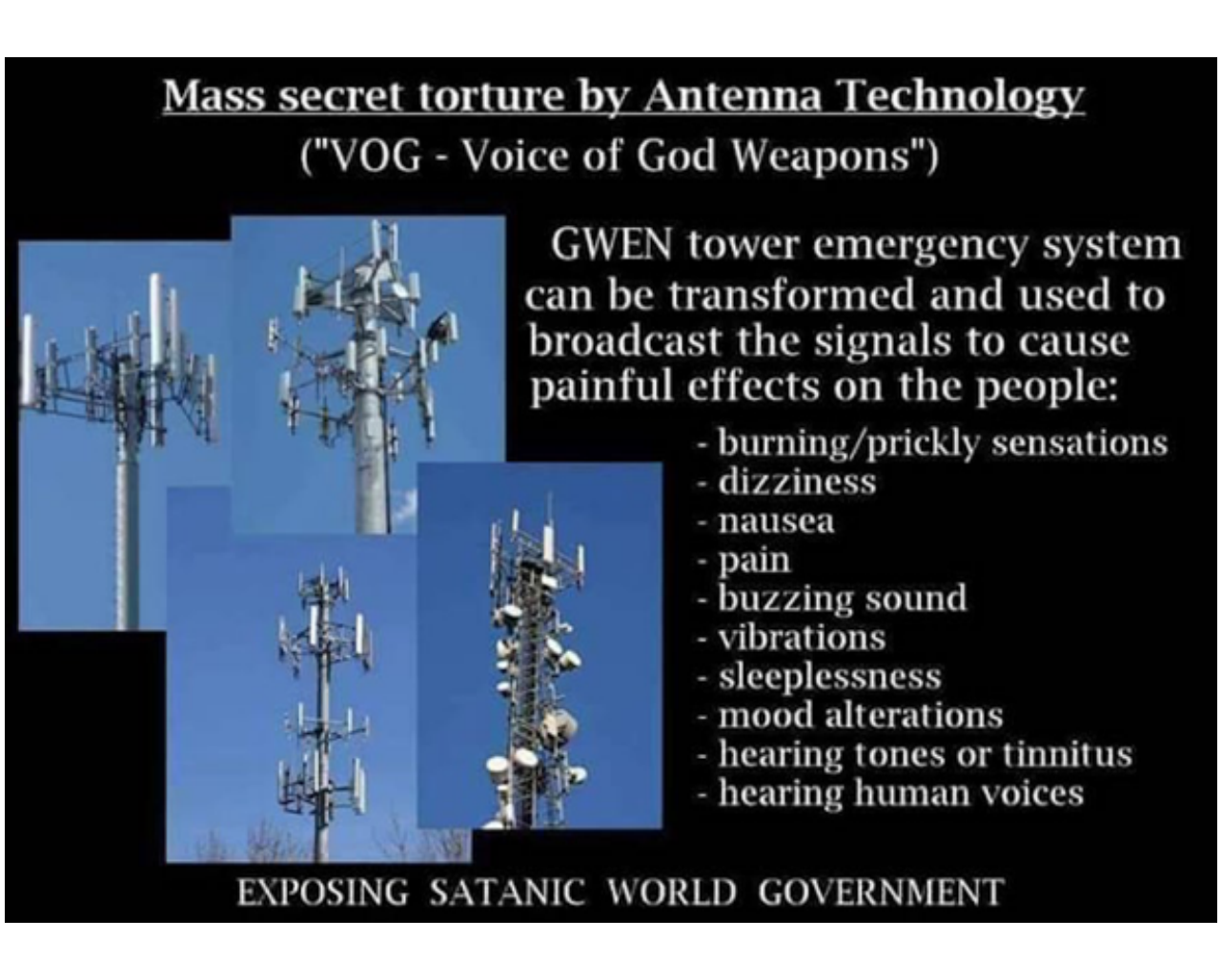

FORCED MEMORY BLANKING AND INDUCED ERRONEOUS ACTIONS
INDUCED CHANGES TO HEARING - BOTH APPARENT DIRECTION AND VOLUME, AND SOMETIMES EVEN CONTENT
SUDDEN, VIOLENT ITCHING INSIDE EYELIDS
FORCED MANIPULATION OF AIRWAYS, INCLUDING EXTERNALLY CONTROLLED FORCED SPEECH
WILDLY RACING HEART WITHOUT CAUSE
REMOTELY INDUCED VIOLENT NO-RASH ITCHING, WITH PREFERENCE FOR HARD-TO-REACH AREAS, OFTEN DURING DELICATE OR MESSY WORK
FORCED NUDGING OF ARM DURING DELICATE OR MESSY WORK, CAUSING INJURY OR SPILLS
SPECIAL ATTENTION TO GENITAL AREA: ITCHING, FORCED ORGASM, INTENSE PAIN
INTENSE GENERAL PAIN, OR HOT-NEEDLES-PUSHED-DEEP-INTO-FLESH SENSATIONS
ALSO - WILD FLAILING, SOMETIMES FOLLOWED BY SHORT PERIODS OF "RIGOR MORTIS"
HARD-TO-REACH ITCH SITE, TOP AND BOTTOM, NEVER ANY RASH, WHICH OFTEN STARTS AS THE SENSATION OF SMALL ELECTRICAL SHOCKS
"DEMO" NEURO-CONTROL BY BENDING EACH TOE BACKWARDS ALMOST 90 DEGREES, ONE AT A TIME, OVER A COUPLE OF MINUTES
READING AND BROADCASTING THOUGHTS
CONTROLLED DREAMS
FORCED WAKING VISIONS SOME SYNC'ED WITH BODY MOTION
MICROWAVE HEARING *
"TRANSPARENT EYELIDS"
ARTIFICIAL TINNITUS
FORCED MOVEMENT OF JAW AND CLACKING OF TEETH
FORCED "MUSCLE QUAKING" OF THE LARGE MUSCLES ON THE BACK
FORCED PRECISION MANIPULATION OF HANDS, SOMETIMES SYNCED TO THE FORCED WAKING VISIONS
* THE FIRST UN-CLASSIFIED SUCCESSFUL TRANSMISSION OF THE HUMAN VOICE DIRECTLY INTO THE SKULL OF A LIVING PERSON WAS PERFORMED BY DR. JOSEPH C. SHARP, OF THE WALTER REED ARMY INSTITUTE OF RESEARCH IN 1974
BY TRANSFORMING A HYPNOTIST'S VOICE USING THE LOWERY SILENT SOUND OR SBERNOV SCRAMBLE METHODS, USED IN THE GULF WAR, IT IS POSSIBLE TO HYPNOTIZE A TARGET WITHOUT THE TARGET BEING AWARE, FROM HIDING LEAVING ZERO TRACE EVIDENCE
GENERAL EFFECTS: SUDDEN OVERHEATING, ALL-BODY PAIN, FORCED "CAFFEINE FIELD" SLEEP PREVENTION, FORCED "DROP-IN-YOUR-TRACKS" SLEEP INDUCEMENT, IRRESISTIBLE "GO HERE, GO THERE" COMMANDS, MICROWAVE BURNS, ELECTRIC SHOCKS
INVOLUNTARY TEST SUBJECTS ALSO EXPERIENCE: FREQUENT BREAK-AND-ENTERS AT HOME AND AT WORK WITH CLOTHING AND FURNITURE, BUSINESS PAPERS, COMPUTER FILES SABOTAGED MODIFIED OR STOLEN. PSYCHOLOGICAL WARFARE RESEARCH IS THE LIKELY MOTIVE.
PSYCHO-ELECTRONIC WEAPON EFFECTS
www.raven1.net

These problems do not mean you are going crazy, and psychologists do not know how to fix them. However, some less conventional physicians have exposed government programs that use microwave harassment. These include Dr. Rauni Kilde, the Chief Medical Officer of Finland, who was assassinated by Norwegian Intelligence.

Doctors Who Stand Against Microwave Harassment

We are dealing with symptoms of microwave harassment. Ask yourself: What's more likely? That a government program identified by whistleblowers, targeting millions of people, caused you unpleasant symptoms? or that a mysterious force suddenly became activated in your body just when your life fell apart?

Microwave Harassment, Mind Control, and Misdiagnosis of Symptoms



Mass secret torture by Antenna Technology
("VOG - Voice of God Weapons")

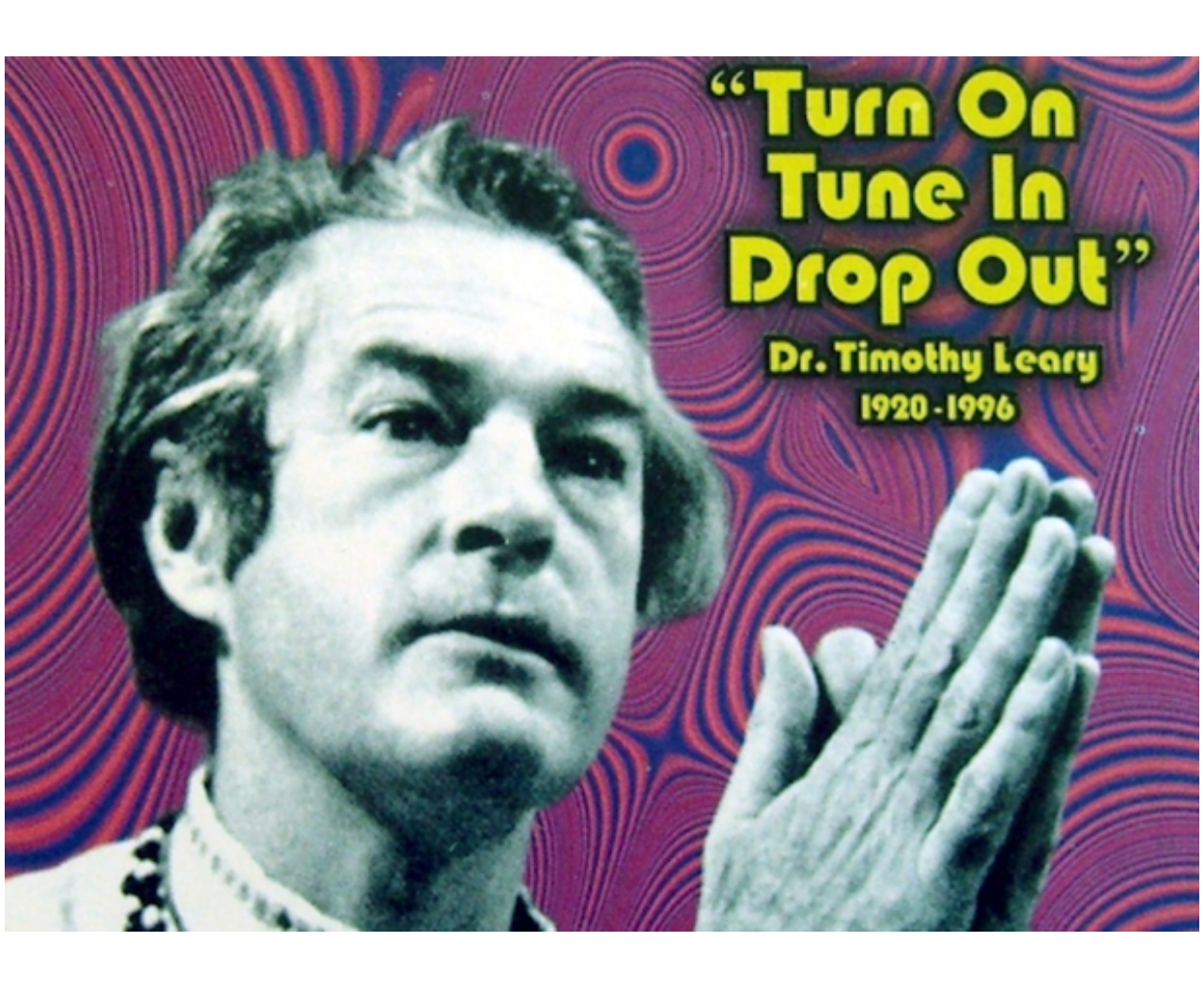
GWEN tower emergency system can be transformed and used to broadcast the signals to cause painful effects on the people:
- burning/prickly sensations
- dizziness
- nausea
- pain
- buzzing sound
- vibrations
- sleeplessness
- mood alterations
- hearing tones or tinnitus
- hearing human voices

EXPOSING SATANIC WORLD GOVERNMENT

Remember how a lot of people get into kundalini through psychedelics? Guess who was giving people LSD in the 1960s? The same culprits behind the microwave harassment program.

How CIA Used Timothy Leary To Promote LSD and the Internet

How CIA Used Ken Kesey To Promote LSD and Born-Again Christianity


"Turn On
Tune In
Drop Out"
Dr. Timothy Leary
1920-1996

Under MK-ULTRA, CIA paid people to administer and receive psychedelic drugs. Congress investigated these crimes in the 1970s, and the president apologized to the victims.

Senate Hearings on MK-ULTRA (1977)

Do you really think CIA discontinued its mind control program? Much of it involved pushing people to the edge–you know, like when they have all the symptoms of a "kundalini awakening."

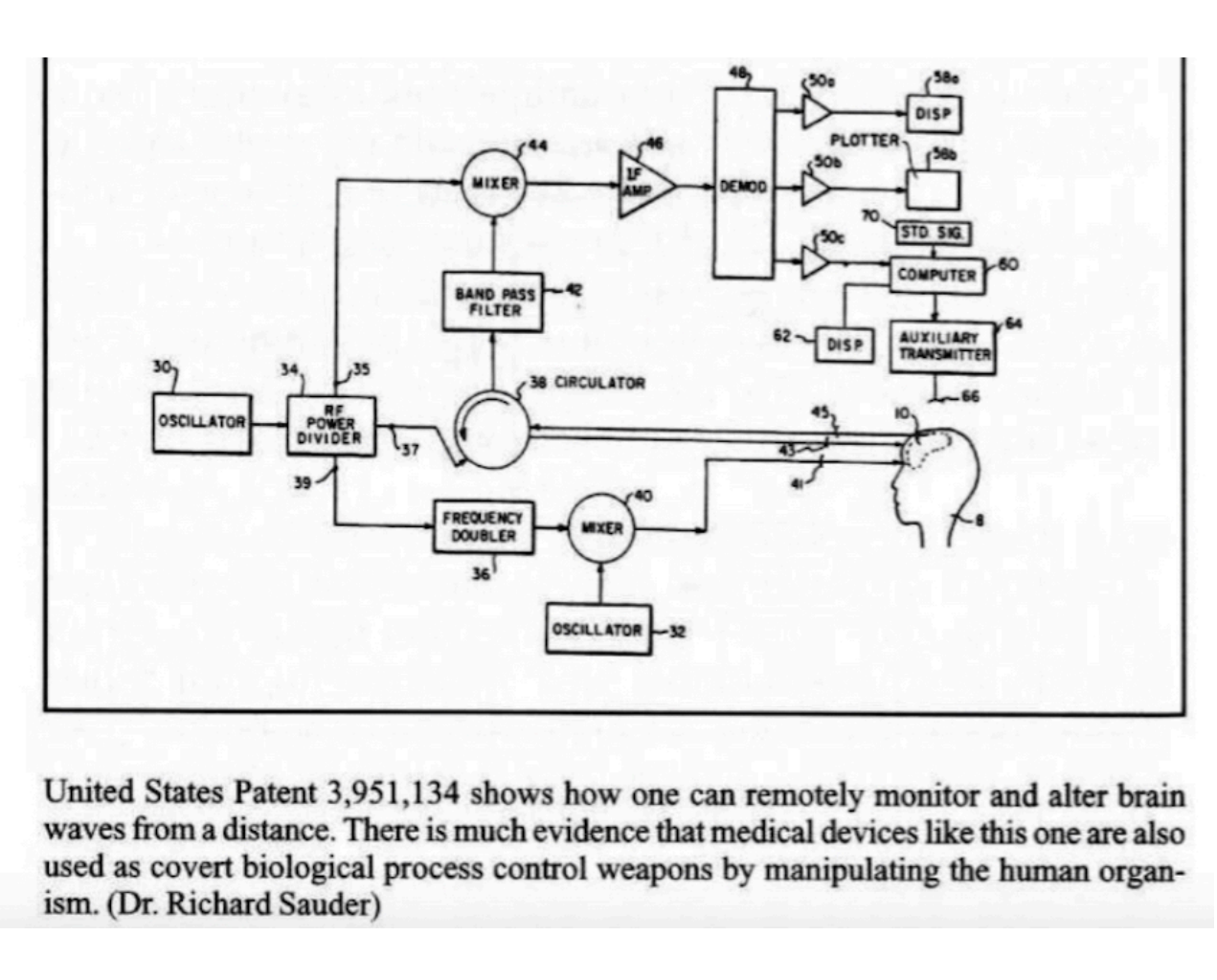
FIGHTING MK-ULTRA: Anger Management

Fifty years ago, CIA implanted people with cybernetics to play with their minds. Now that the technology is smaller, cheaper, and more powerful, and CIA has a giant black ops budget, do you really think they abandoned their program?

Cybernetics and the Minds of Men

Below you can find a database of more than one hundred mind control patents held by defense contractors. That's the old fashioned technology. Do you really think they spent hundreds of millions of dollars on this stuff in order not to use it?

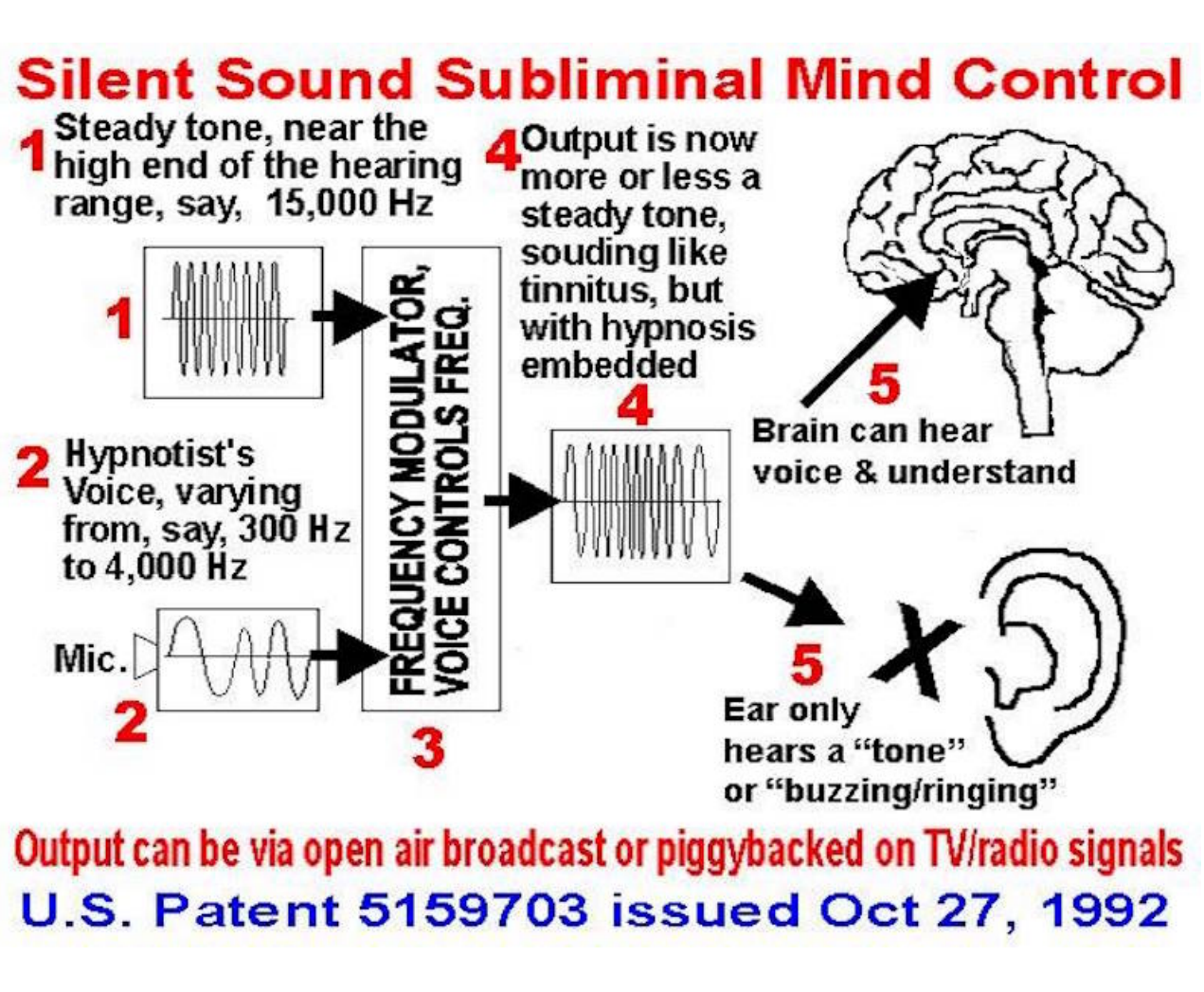
Patents for Mind Control Technology


OSCILLATOR
RF POWER DIVIDER
CIRCULATOR
MIXER
BAND PASS FILTER
IF AMP
DEMOD
PLOTTER
DISP
STD SIG
COMPUTER
AUXILIARY TRANSMITTER
FREQUENCY DOUBLER
MIXER
OSCILLATOR

United States Patent 3,951,134 shows how one can remotely monitor and alter brain waves from a distance. There is much evidence that medical devices like this one are also used as covert biological process control weapons by manipulating the human organism. (Dr. Richard Sauder)

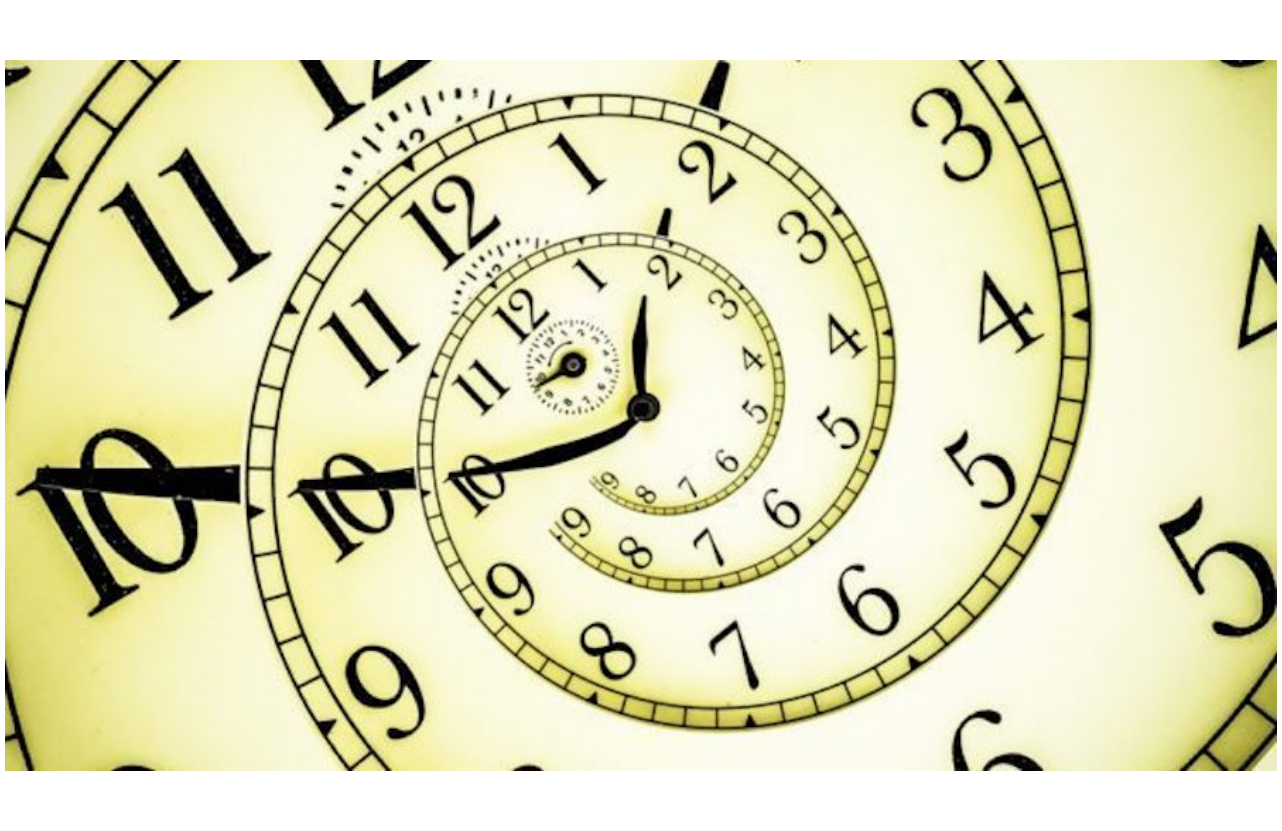
And, hey, remember how following your intuition, or even hearing voices, is part of a kundalini awakening? In the government mind control programs, those voices are called Voice To Skull, or V2K, and they can be sent on frequencies heard only by your subconscious mind.

V2K – A Simple Explanation of Voice To Skull


Silent Sound Subliminal Mind Control
1 Steady tone, near the high end of the hearing range, say, 15,000 Hz
2 Hypnotist's Voice, varying from, say, 300 Hz to 4,000 Hz
Mic.
3 FREQUENCY MODULATOR, VOICE CONTROLS FREQ.
4 Output is now more or less a steady tone, souding like tinnitus, but with hypnosis embedded
5 Brain can hear voice & understand
5 Ear only hears a "tone" or "buzzing/ringing"
Output can be via open air broadcast or piggybacked on TV/radio signals
U.S. Patent 5159703 issued Oct 27, 1992

You may feel that you're following your intuition, or you may feel that a helpful force, spirit, or angel is guiding you. These are products of hypnosis, which is heavily used in MK-ULTRA. I know because I am a third-generation survivor of government mind control programs, who did drugs, who got into qigong, and they did this stuff to me.

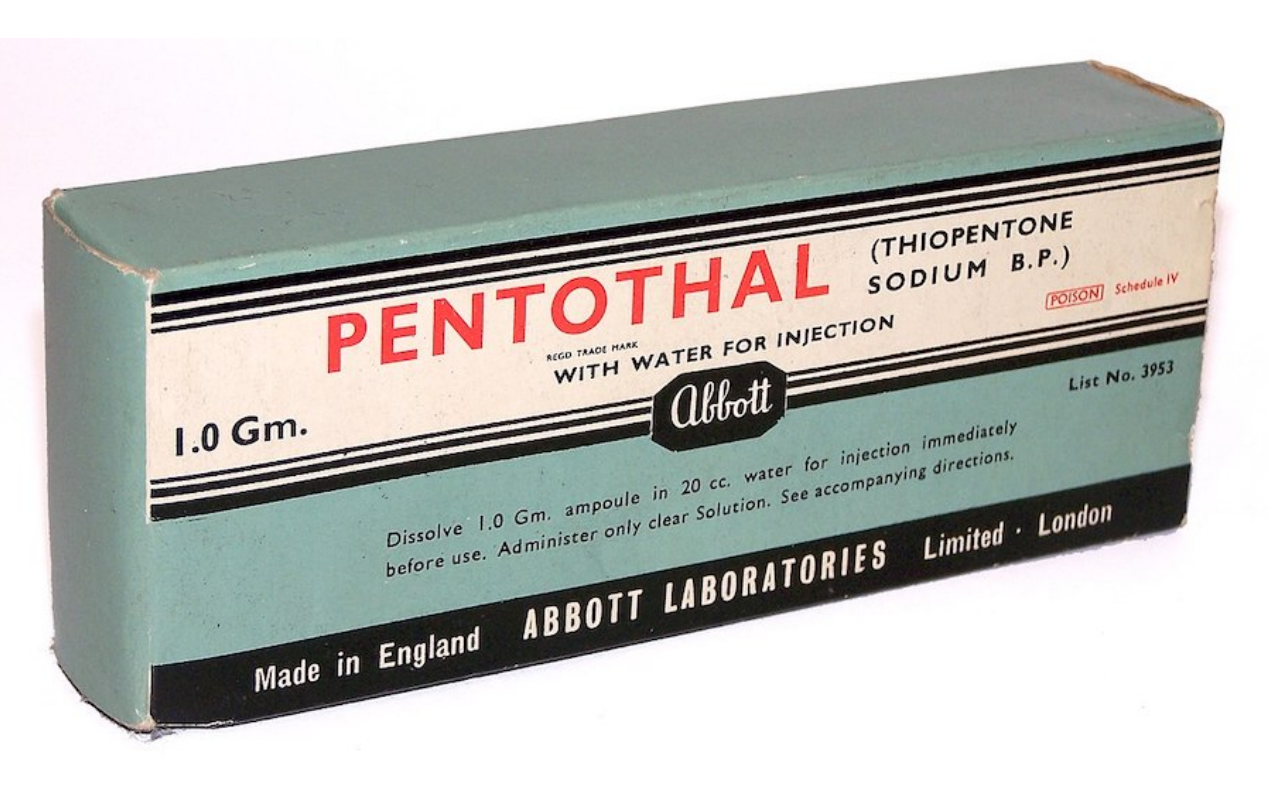
My Story: A Brief Overview of Life under MK-ULTRA



For years, I did not remember what happened because CIA uses drugs on its victims to stop memories from even forming.

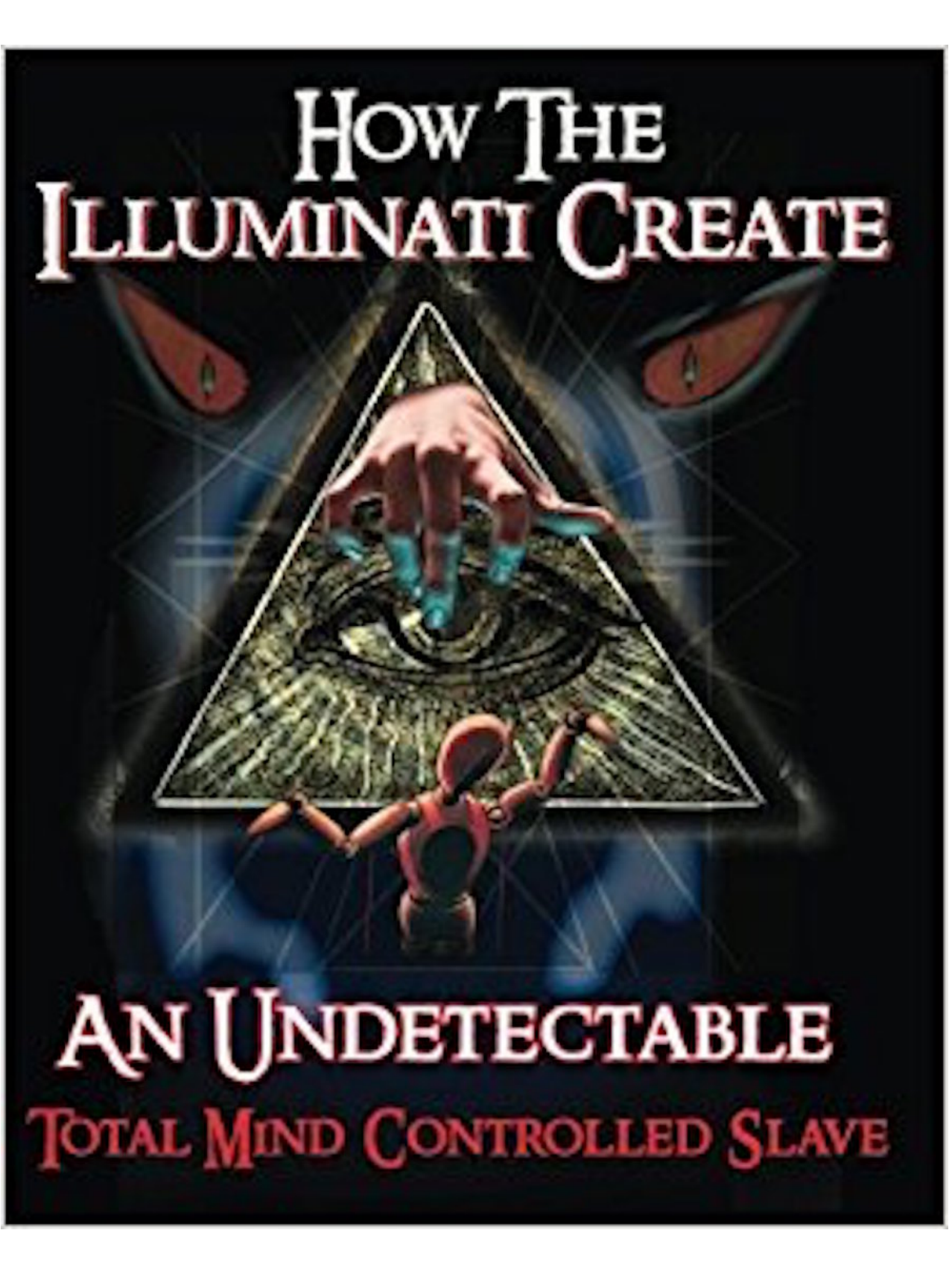
Senate Hearings on CIA's Use of Drugs (1977)

Why We Don't Remember: CIA's Use of Date Rape Drugs

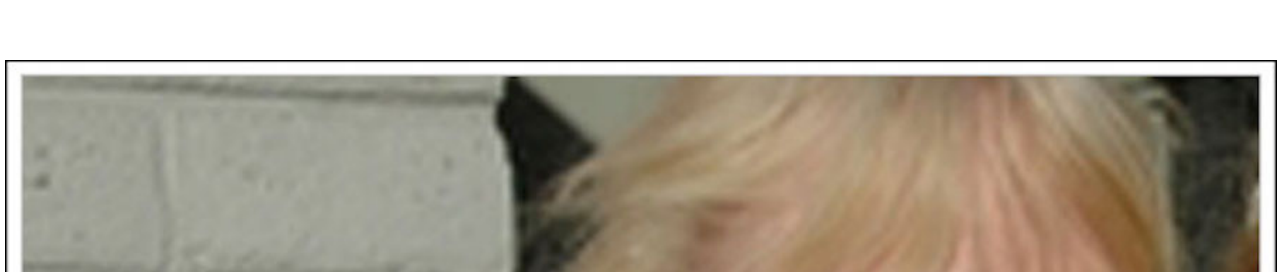

PENTOTHAL
(THIOPENTONE SODIUM B.P.)
WITH WATER FOR INJECTION
1.0 Gm.
Abbott
Made in England ABBOTT LABORATORIES Limited · London

And hey? What about the colors that typify chakra work? Could it be that people are seeing colors in their minds because of the same technology? MK-ULTRA uses color-programming. They used to have people meditate on gemstones. They use flashing lights to induce trance. And, on a lower level, they use colors in the movies, on your computer screen, and in dance clubs. You can learn more about that in Fritz Springmeier and Cisco Wheeler's excellent books The Illuminati Formula To Create a Totally Undetectable Mind Control Slave and Deeper Insights into the Illuminati Formula, which you can read below.

Books by Fritz Springmeier & Cisco Wheeler on Illuminati Mind Control Techniques


How The Illuminati Create
An Undetectable
Total Mind Controlled Slave

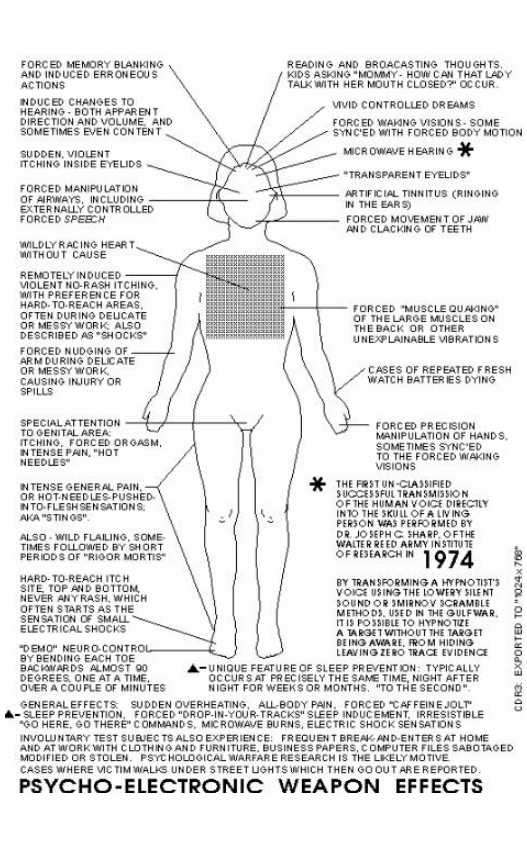
And how did Cisco Wheeler know these things? She is the grand niece of the head of Joint Chiefs of Staff, who like me, was abused under MK-ULTRA.



- Translate -

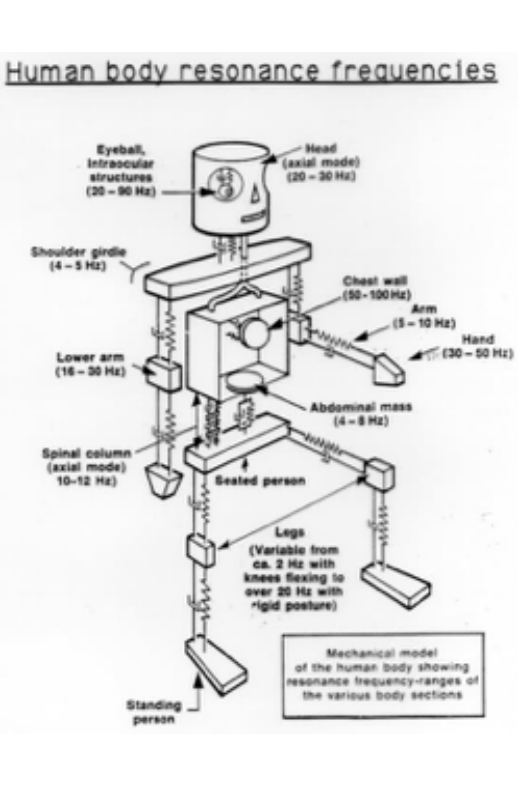
Select Language

Powered by Google Translate


PSYCHO-ELECTRONIC WEAPON EFFECTS

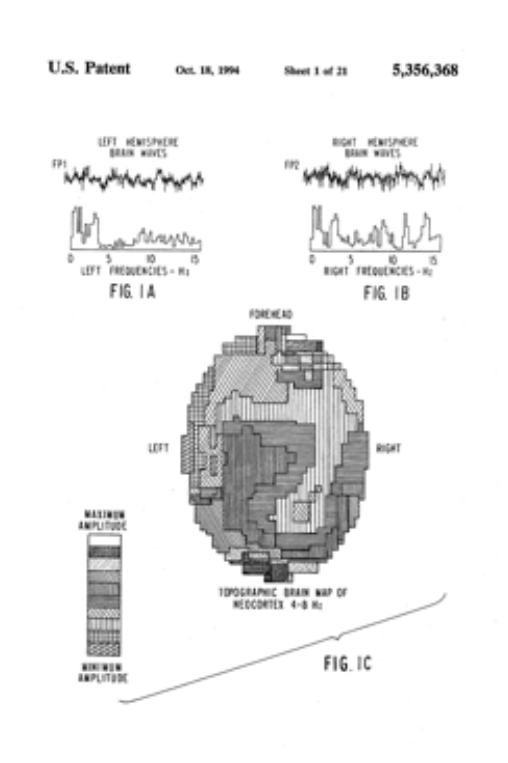
- Search -

Search …


Human body resonance frequencies

- Archives -

Select Month


U.S. Patent
5,356,368
FIG 1A
FIG 1B
FIG 1C

- Recent Posts -

TRAVEL WITH THE SHELLEYS!

THE OLD SWITCHEROO – DOPPLEGÄNGERS, CHANGELINGS, & POLITICS

MAHATMA GANDHI WAS A PERVERT, A PRUDE, A HYPOCRITE, & A CHILD MOLESTER

ENGINEERED SHORTAGES – SABOTAGE

SHARINE BORSLIEN – A HERO IN OUR FIGHT

ENGINEERED SHORTAGES – CARS

NATO's FALSE FLAG IN THE UKRAINE

PETER BREGGIN – A HERO IN OUR FIGHT

ENGINEERED SHORTAGES – GAS

ENGINEERED SHORTAGES – COINS

FAILED FIRES

BANKRUPTCY CAN BE A DEBTOR'S FRIEND

COLLEGE IS A CON

JENS STOLTENBERG IS A CRIMINAL

THE UKRAINIAN GOVERNMENT IS A GANG OF CRIMINALS!

PREVIEW OF MY THIRD BOOK – LOOKALIKES

THE COSSACKS WRITE THE SULTAN!

UKRAINIAN CULTURE & THE COSSACK RENAISSANCE

HOLODOMOR – SETTING THE TABLE IN THE UKRAINE

RUSSIA OCCUPIES UKRAINE TO PROTECT ITSELF FROM NATO!

ROMANTIC LOVE IS MIND CONTROL!

LIFE IN THE OLYMPIC GULAG

THE RED HEIFER, WORMWOOD, & PROJECT BLUE BEAM

WRITE ME ABOUT MY BOOKS!

GROUNDHOG DAY REDUX!

IF IT WASN'T FOR THE IRISH & THE JEWS…

WINSTON CHURCHILL WAS A HOMOSEXUAL TRAITOR

THE RISE & FALL OF PHIL COLLINS

VIENNA, PARIS, & SAN FRANCISCO – THE SMART SET DISSOCIATES

TAG TEAM!

THE SEVEN SISTERS

PREVIEW OF MY THIRD BOOK – SUSSEX, MI6, & THE FRIENDS OF HECATE

WHAT'S A MATTER FOR YOU!

THE JEWISH REVOLUTIONARY SPIRIT & THE GOY GUIDE TO WORLD HISTORY

THE MASSACRE OF THE INNOCENTS

GIVE CHALLENGE – SAY MERRY CHRISTMAS!

STOP THE TRAIN!

THE GREAT GAZOO – SATANIC CARTEL SIGNALING IN THE FLINTSTONES

THE GREAT RESET

DO NOT TRUST THE CDC!

COVID KILLED THE FLU!

MAN IN A SUITCASE

SPOOKS, GREMLINS, & GNOMES

TOPLESS GNOMES vs CHARLIE'S ANGELS

FIGHTING MONARCH JOINS FORCES WITH TARGETED JUSTICE

J.R.R. TOLKIEN: THE RETREAT FROM REALITY

VAXXED!

IS ROBERT DE NIRO A CHILD MOLESTER?

KISMET MY ASS – PART TWO

DUSTED CANDY!

KISMET MY ASS!

MASONS KILL HOUDINI!

WHAT DO MY DREAMS MEAN?

GLOBAL WARMING IS CAUSED BY WEATHER WEAPONS!

NWO USES WEATHER TO ATTACK FIGHTING MONARCH!

LASER-GUIDED LIGHTNING, PLASMA CHANNELS, & TARGETED INDIVIDUALS

VACCINE MANDATES – YOUR OPTIONS

ANTONY C. SUTTON – A HERO IN OUR FIGHT

WHAT THE SOLDIERS WON'T PUT UP WITH!

C.G. JUNG – TAVISTOCK'S USEFUL IDIOT

I SING THE BODY ELECTRIC – WALT WHITMAN, CYBERNETICS, & MICROWAVE HARASSMENT

WEAPONIZED WEATHER – THE DUST BOWL

THE GREAT LABOR DAY HURRICANE OF 1935 a/k/a HURRICANE THREE: HOW THE UNITED STATES GOVERNMENT USED WEAPONIZED WEATHER & FEDERAL PROGRAMS TO KILL POLITICALLY ACTIVE VETERANS

SECRETS OF SWANNANOA, VOICES IN YOUR HEAD, & THE DISCOVERY OF PLUTONIUM

MYSTERIES OF THE PAST – THE TUNGUSKA EVENT

DO UNBORN BLACK LIVES MATTER?

MILE ZERO – THE SECRETS OF SWANNANOA

HURRICANE CAMILLE, WINTERGREEN, & BUNKERS: WEAPONIZED WEATHER

HOW NOT TO BE VACCINATED

HOW THE FED KILLED JFK

CLOUD-SEEDING: WEAPONIZED WEATHER!

GET OUT THERE!

HOW THE SOVIETS BEAT THE NAZIS: WEAPONIZED WEATHER!

FIRENADO: WEAPONIZED WEATHER!

NORWAY SPIRAL: WEAPONIZED WEATHER!

THE USE OF CYBERNETICS IN CLASSICAL MUSIC

PENNY LANE – THE VOICE OF SATAN

IS STEVEN SPIELBERG A CHILD MOLESTER?

THE SECRET OF MOUNT FUJI

THE REAL SHEL SILVERSTEIN

THE INSANITY OF OUR ENEMIES

ROBOBEES!

DYNOMUTT IS REAL!

JAMMIN'!

THE PHOENIX PROGRAM, FASCISM, & COMPUTERS

HOW IBM CAUSED THE HOLOCAUST

DEBORAH DRIGGS – A TRUE STAND-OUT

MASONS IN THE VALLEY!

GEORGE BERNARD SHAW – THE WOLF IN SHEEP'S CLOTHING

SATANIC CARTEL SIGNALING IN GILLIGAN'S ISLAND

BANANA REPUBLIC!

CIA's JAZZ AMBASSADORS

GLOBAL CLIMATE CHANGE IS A FALSE FLAG ATTACK

SEX MACHINE

REPORTING CRIMES TO THE PENNSYLVANIA STATE POLICE

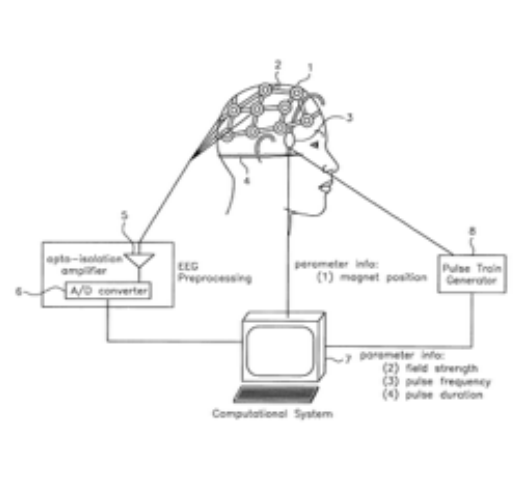
PLAYMATE BRAVE!

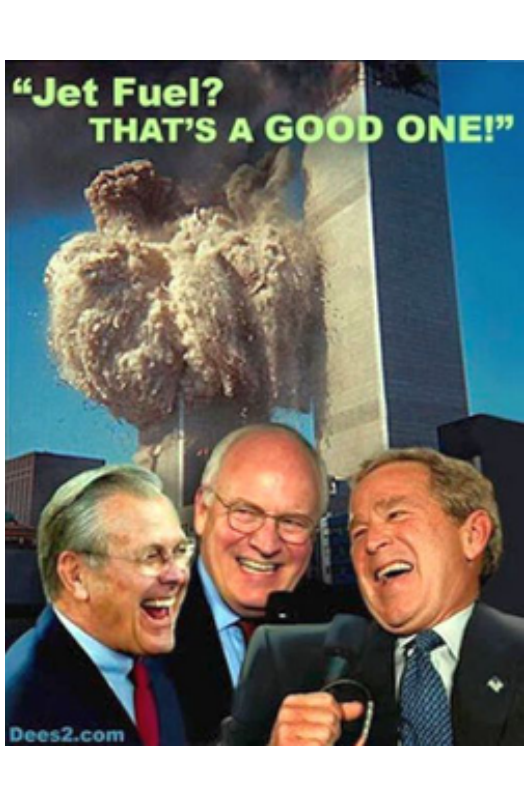
HOKAHEY: PRESS RELEASES FOR NEW BOOKS AT FIGHTING MONARCH

WHAT TO DO WITH YOUR STIMULUS CHECK: BUY AN ASSAULT RIFLE!

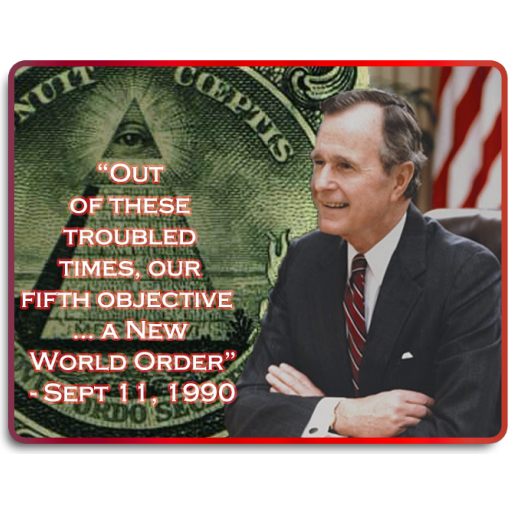
STEAL THESE BOOKS!

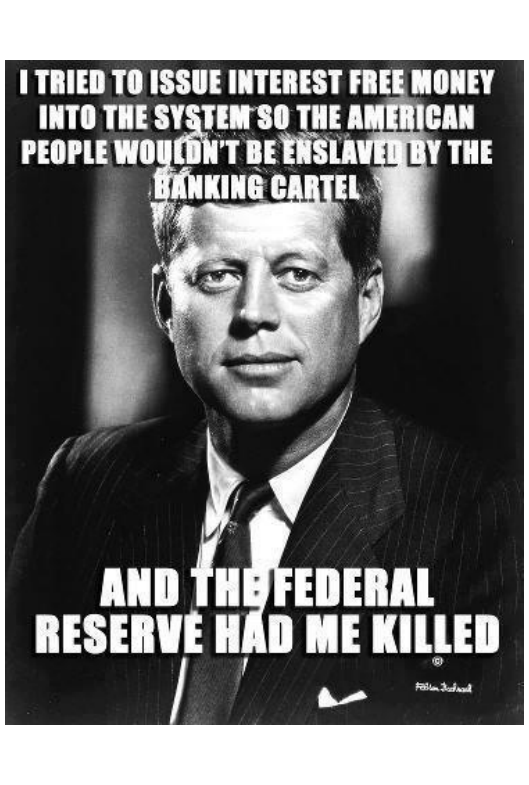
HOW TO FIGHT SOUND WEAPONS




"Jet Fuel? THAT'S A GOOD ONE!"

Don't let this Dick die without being charged for crimes against humanity!

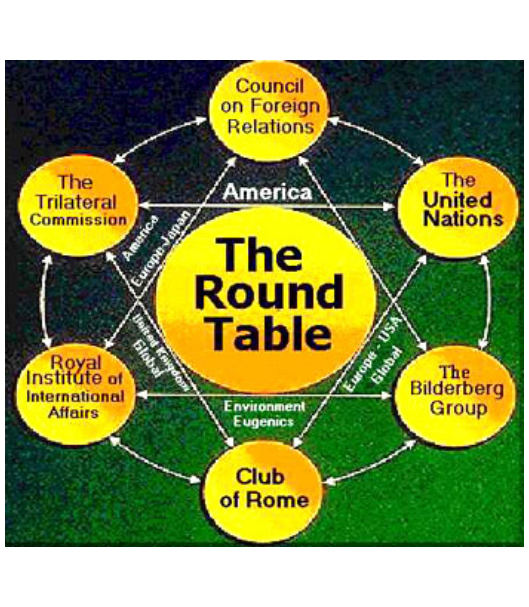

"OUT OF THESE TROUBLED TIMES, OUR FIFTH OBJECTIVE – A NEW WORLD ORDER" SEPT 11, 1990


I TRIED TO ISSUE INTEREST FREE MONEY INTO THE SYSTEM SO THE AMERICAN PEOPLE WOULDN'T BE ENSLAVED BY THE BANKING CARTEL
AND THE FEDERAL RESERVE HAD ME KILLED

"I will splinter the CIA into a thousand pieces and scatter it into the winds."
JFK

ANNUIT COEPTIS
NOVUS ORDO SECLORUM

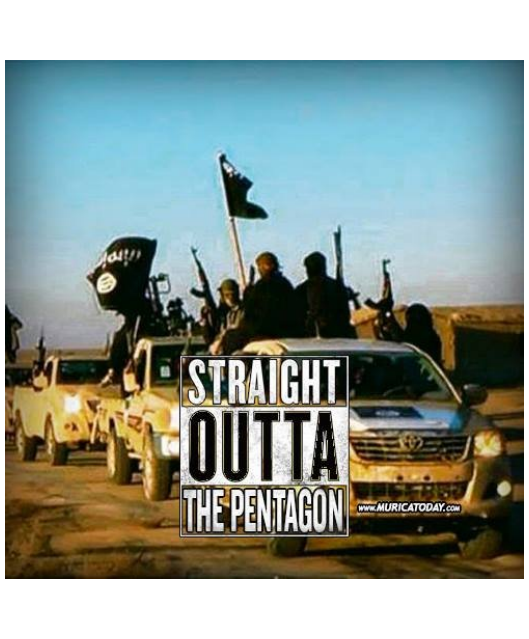
INVESTIGATE BILDERBERG


Council on Foreign Relations
The Trilateral Commission
The United Nations
America
The Round Table
Royal Institute of International Affairs
The Bilderberg Group
Club of Rome

THE FEDERAL RESERVE
A PRIVATELY OWNED, ROTHSCHILD, CENTRAL BANKING CARTEL
CHARGING TAX PAYERS INTEREST ON MONEY THEY PRINT OUT OF THIN AIR SINCE 1913

COCAINE IMPORT AGENCY
WHITE TRADE · BLACK OPS

ISIS
WHY NEVER ATTACK ISRAEL?


STRAIGHT OUTTA THE PENTAGON

"The Muslim Terrorist Apparatus was Created by US Intelligence as a Geopolitical Weapon".
Zbigniew Brzezinski
interview with Le Nouvel Observateur
Published 15-21 January 1998

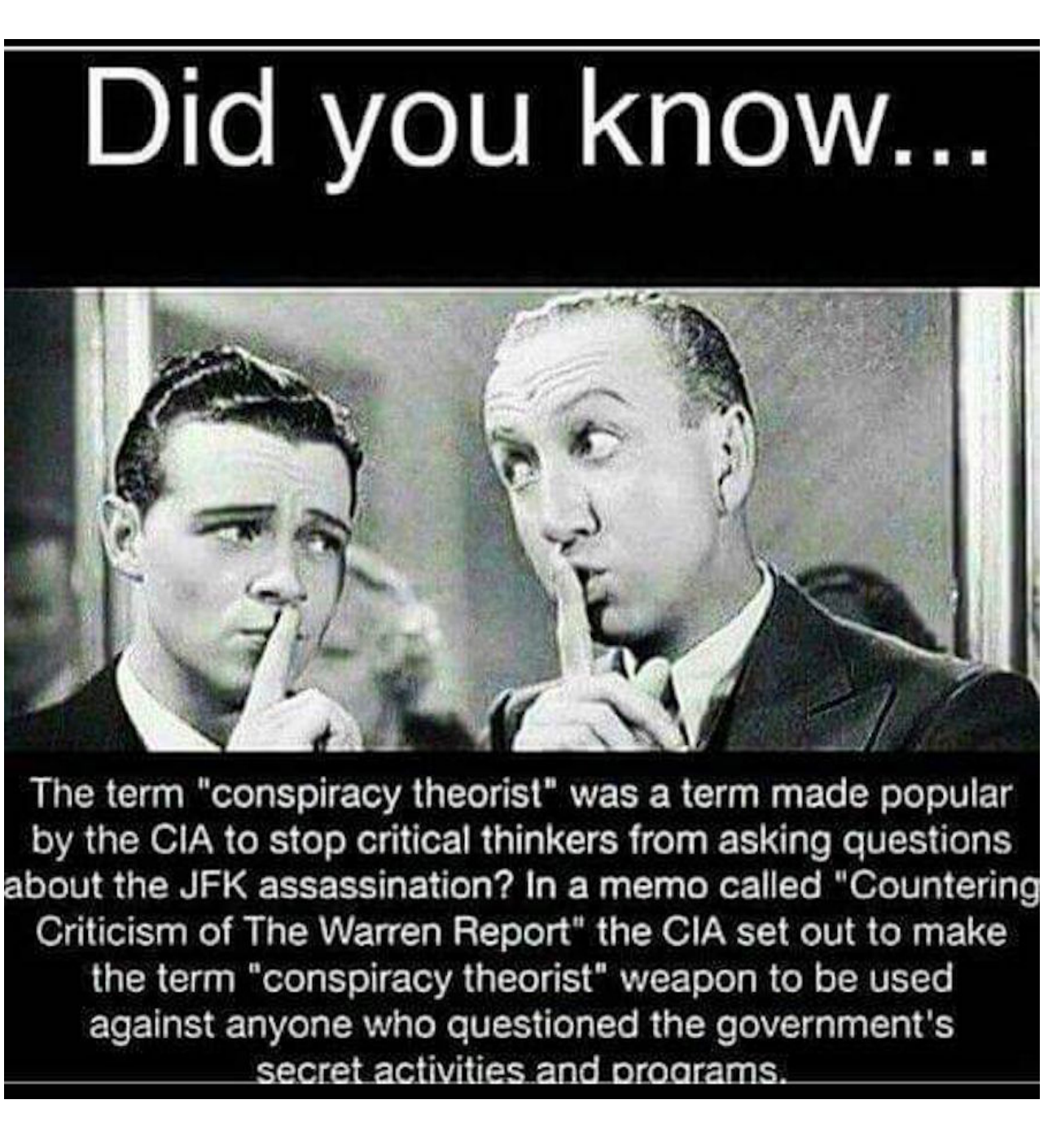
"The war is not meant to be won. It is meant to be continuous."
George Orwell

War. Who is it good for?
LOCKHEED MARTIN
HALLIBURTON

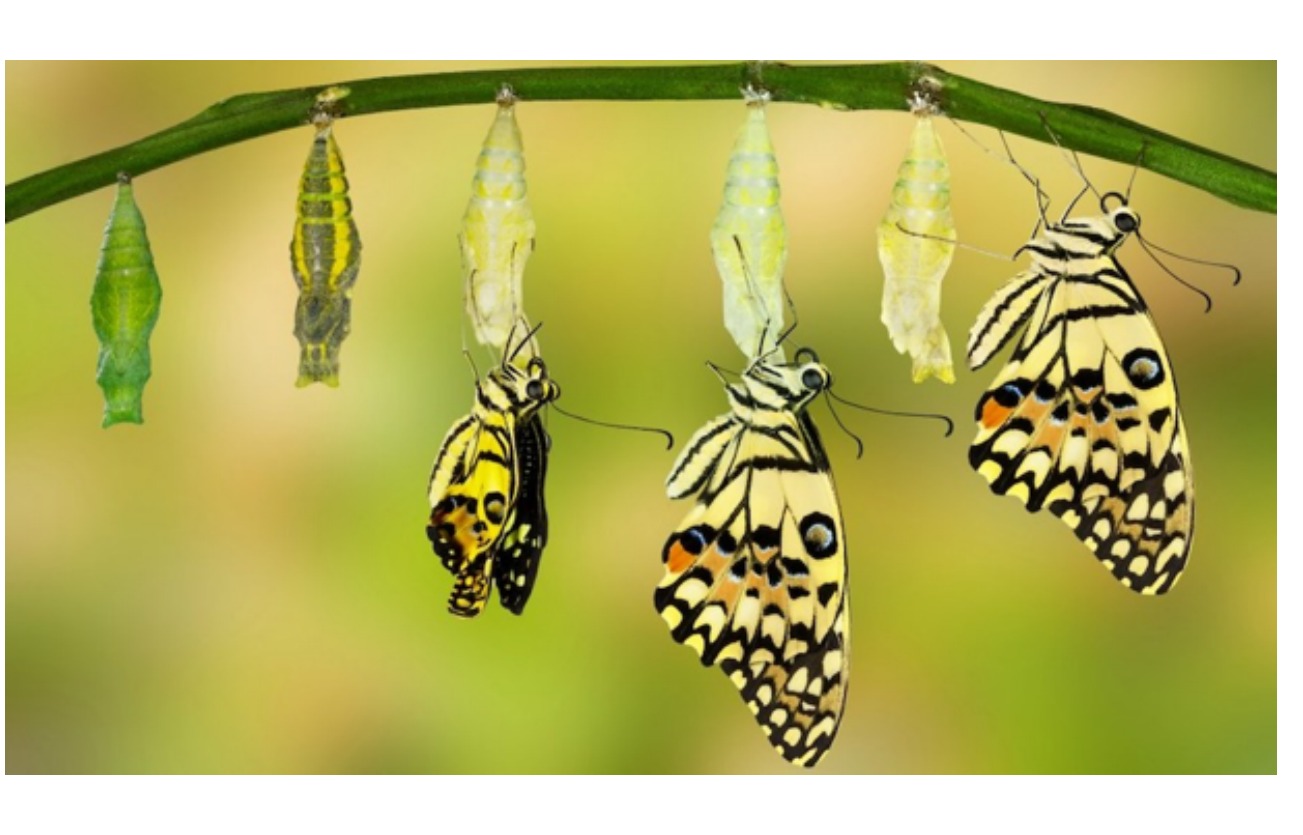
And hey? Remember how your life fell apart when you had your "kundalini awakening?" Maybe you divorced your husband? or you left your family? or you lost your friends? Those are indicators of targeting under government mind control programs. Like any cult, they want to isolate you, and break your old patterns, while they destroy your life. The difference is you can't see them, and that makes you more vulnerable. The greatest trick the devil ever played was to convince people he did not exist. Likewise, the greatest trick the CIA played on humanity was making us dismiss "conspiracy theories."

What The CIA Wants To Take From Us (part one)

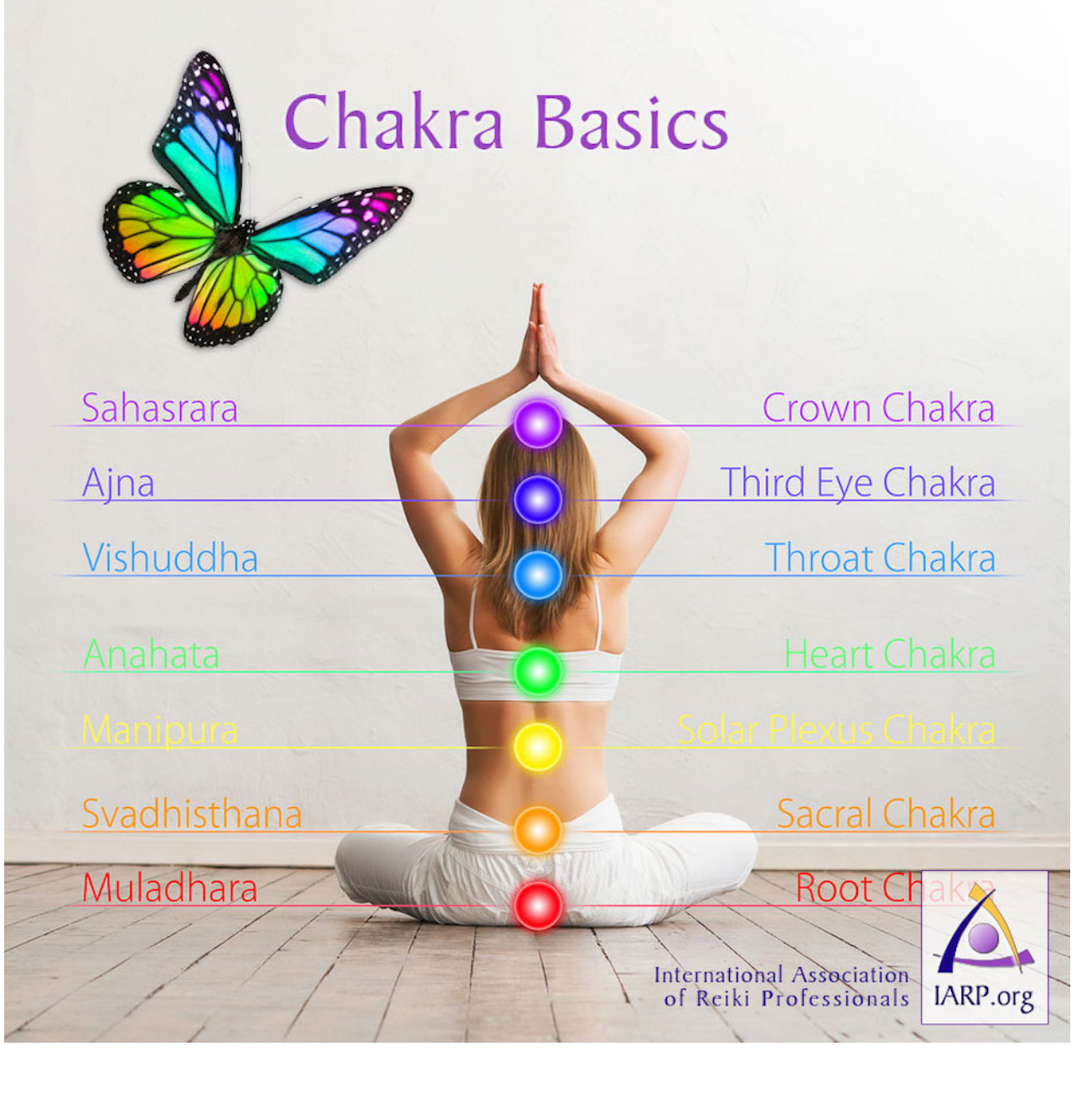
What The CIA Wants To Take From Us (part two)


Did you know...
The term "conspiracy theorist" was a term made popular by the CIA to stop critical thinkers from asking questions about the JFK assassination? In a memo called "Countering Criticism of The Warren Report" the CIA set out to make the term "conspiracy theorist" weapon to be used against anyone who questioned the government's secret activities and programs.

And, hey, remember that picture of butterflies in the article in Gaia about kundalini awakening?



Here's another picture of butterflies, colors, and chakras.


Chakra Basics
Sahasrara
Crown Chakra
Ajna
Third Eye Chakra
Vishuddha
Throat Chakra
Anahata
Heart Chakra
Manipura
Solar Plexus Chakra
Svadhisthana
Sacral Chakra
Muladhara
Root Chakra
International Association of Reiki Professionals
IARP.org

Those butterflies are cartel signaling. CIA calls part of MK-ULTRA by the name PROJECT MONARCH. It involves horrific abuse involving sexual trauma, hypnotism, drugs, and electroshock, which very few victims remember. The scum who perpetrate these crimes on unwitting victims love to advertise abuse through secret signs and signals, in this case, putting butterflies on the picture above. I know it seems far fetched, but that's how they get away with it. Vigilant Citizen has good articles on cartel signaling, and I have written some articles on this subject.

Vigilant Citizen – Symbols Rule The World Not Words Nor Laws

Playboy, Satanic Cartel Signaling, & The Computerization of Women

Mia Khalifa and Satanic Cartel Signaling

M K / U l t r a
PROJECT MONARCH
CONFIRMED TRAUMA BASED MIND CONTROL VICTIMS
What is MONARCH
Mind Control?
USE A TOR BROWSER TO LEARN ABOUT SEXUAL SLAVERY. MICROWAVE HARASSMENT, & TARGETED INDIVIDUALS.
WWW.STOP007.COM
WWW.BIGGERTHANSNOWDEN.COM
WWW.TRANCE-FORMATION.COM
WAKE UP
YOU ARE NOT FREE

Cathy O'Brien is a woman who survived horrific sexual abuse under PROJECT MONARCH, she was brave to come forward and to call out her rapists, and she deserves to be heard.

Trance Formation of America (Cathy O'Brien's Website)

And hey? Remember how synchronicity, apparently meaningful coincidences, and the feeling of a guiding force are part of a "kundalini awakening?" Well, there's a guiding force all right, but it's not your friend.

SCENE
TAKE
ROLL
DATE
PROD. CO.
SOUND
DIRECTOR
CAMERAMAN

CIA is using mind control to influence your perceptions, to bring people into your orbit, and to stage your life. You can read how they did it to Marilyn Lange in my article below. She is a nice lady who gave up her marriage, moved to Hawaii, and posed for Playboy because of apparently coincidental meetings and a desire to explore her human potential. Her life fell apart because CIA destroyed it.

Marilyn Lange in the Satanic Enclave of Westfield

And hey? Did I mention that Marilyn Lange and I grew up in the same community, a satanic cesspool masquerading as a cute little town, run by CIA?

The Jersey Devil: Growing Up In Westfield

And hey? Did I mention that Marilyn Lange and I both went to the same soccer camp, where I have particular memories of being drugged, hypnotized, and sexually abused under MK-ULTRA?

MK-ULTRA Soccer Camp in Union, New Jersey (1976-1978)

It's rough. I know. I would much rather believe I was unlocking the secrets of the universe, exploring kundalini–or, in my case, qigong–than realize I was being manipulated under a mind control program. That's why everyone gets into cults, and it's why it's hard break free. And it's really hard with this one because you can't see your abusers.

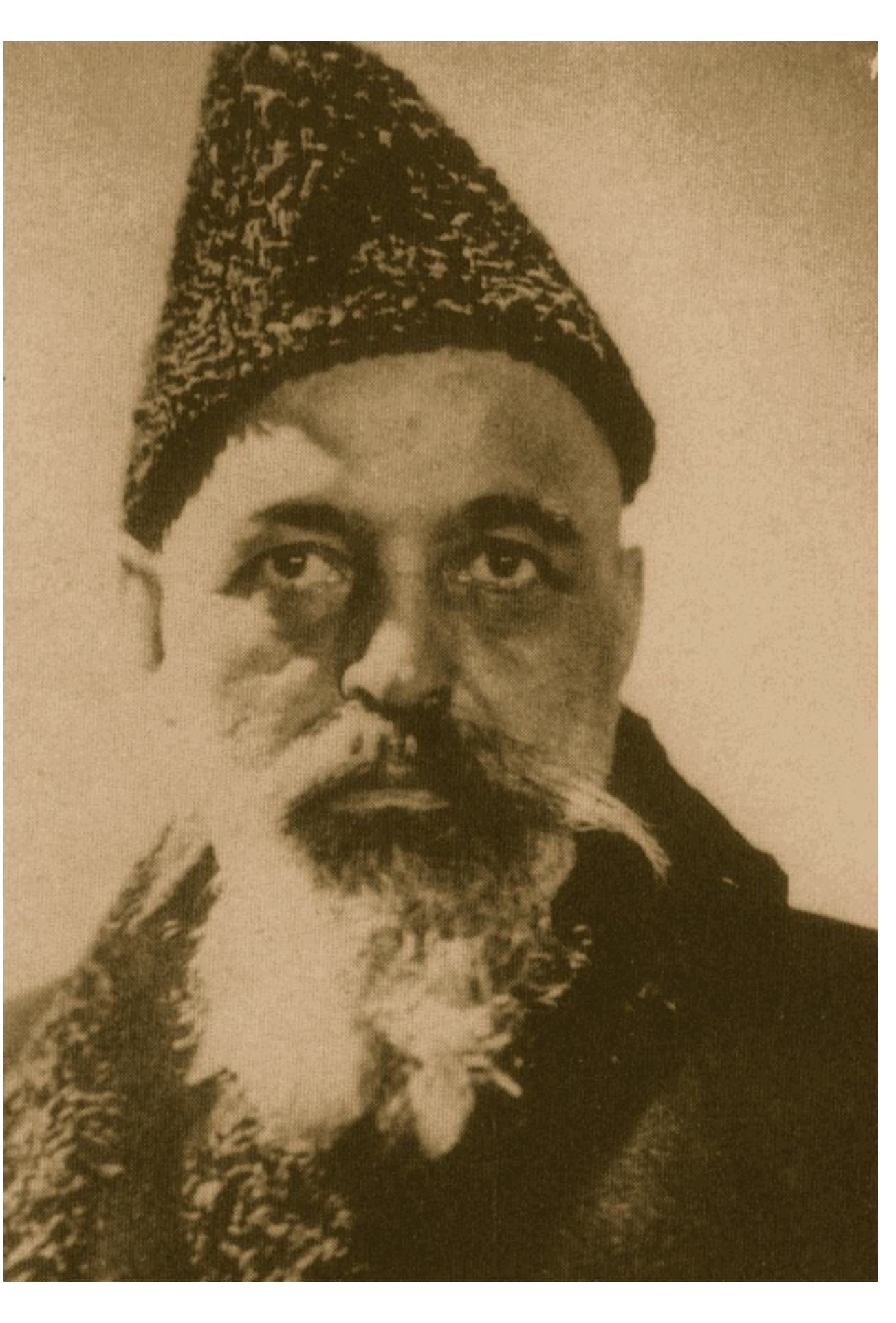
The good news is you don't have to throw it all away. Taiji is good for you, and so is yoga. It increases flexibility, and it makes you healthy. The real masters will tell you. Health and longevity are proper goals–not seeing colored lights in your head. Keep your feet on the ground.

Martial arts are not only healthy, but they're good for self defense. You don't need to wear a funny outfit, break boards, or develop strange powers. Stay practical.

There are also real spiritual traditions that are extremely practical. The ancient one in which I was trained is called The Work, or the Fourth Way, and it was promulgated by George Gurdjieff.

In the Work, people practice self-observation. You become aware of yourself, studying bodily movements with bodily awareness, emotional dynamics with emotional awareness, and thoughts with the awareness of the mind. Start by paying attention to your body. How do you stand, sit, or walk? How do you breathe? How does this change in different environments? How do you speak? Listen to the sound of your voice. Feel the air on your skin. Study yourself as though you were an interesting stranger about whom you truly cared. But most of all, hold something back. Do not become identified with yourself. Do not take everything that passes through you to be you. It is a very deep practice and impossible to explain in words.

Self-observation increases awareness, of yourself and others, and it will show you what you need to change. Most of all, it will let you know how your mind, your body, and your feelings have all been hacked.



And what did Gurdjieff say about kundalini?

> **Kundalini is not anything desirable or useful for man's development. It is very curious how these occultists have got hold of the word from somewhere but have completely altered its meaning and from a very dangerous and terrible thing have made something to be hoped for and to be awaited as some blessing.**
>
> **In reality Kundalini is the power of imagination, the power of fantasy, which takes the place of a real function. When a man dreams instead of acting, when his dreams take the place of reality, when a man imagines himself to be an eagle, a lion, or a magician, it is the force of Kundalini acting in him. Kundalini can act in all centers and with its help all the centers can be satisfied with the imaginary instead of the real. A sheep which considers itself a lion or a magician lives under the power of Kundalini.**
>
> **Kundalini is a force put into men in order to keep them in their present state. If men could really see their true position and could understand all the horror of it, they would be unable to remain where they are even for one second. They would begin to seek a way out and they would quickly find it, because there is a way out; but men fail to see it simply because they are hypnotized. Kundalini is the force that keeps them in a hypnotic state.**

To become a master, one must first see one's slavery.

Gurdjieff said, "Awakening is bitter."

==

Return to my homepage, where you can scroll through more articles, by clicking the site title at the top of the page or at www.fightingmonarch.com

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And please retweet or share as many articles as possible.

Our enemy depends on silence.

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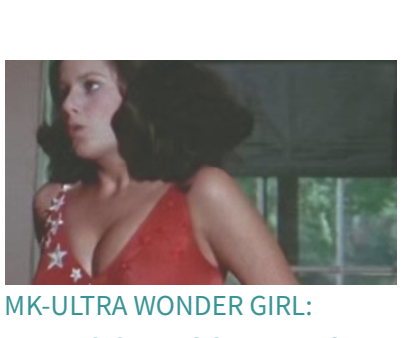
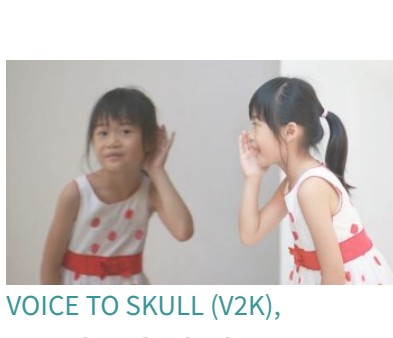


MK-ULTRA WONDER GIRL: TELEVISION PROGRAMMING, FAKE FEMINISM, & THE NEW WORLD ORDER
August 8, 2018
With 55 comments

DREAM WARS – GET OFF THE BUS!
October 3, 2019
With 31 comments



VOICE TO SKULL (V2K), NEUROLINGUISTIC PROGRAMMING (NLP) & NEUROLINGUISTIC FORMULAE (NLF): HOW TO SPOT MIND CONTROL THROUGH UNUSUAL SPEECH PATTERNS
October 27, 2018
With 42 comments

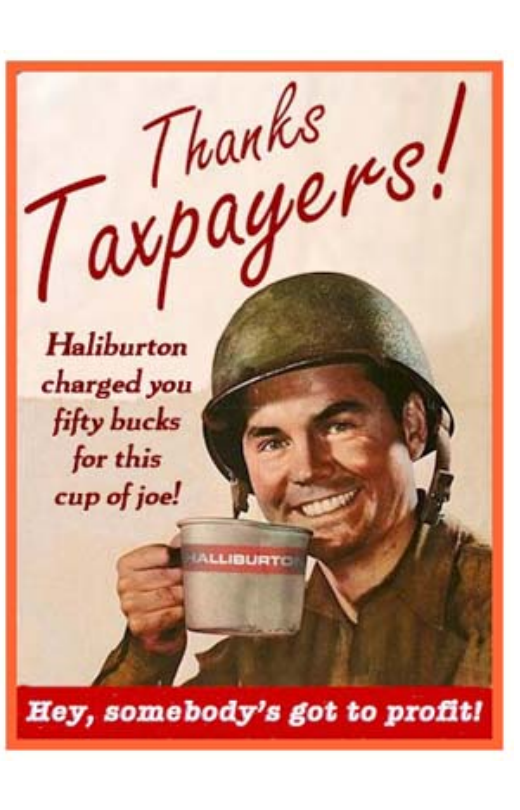
Published by fightingmonarch

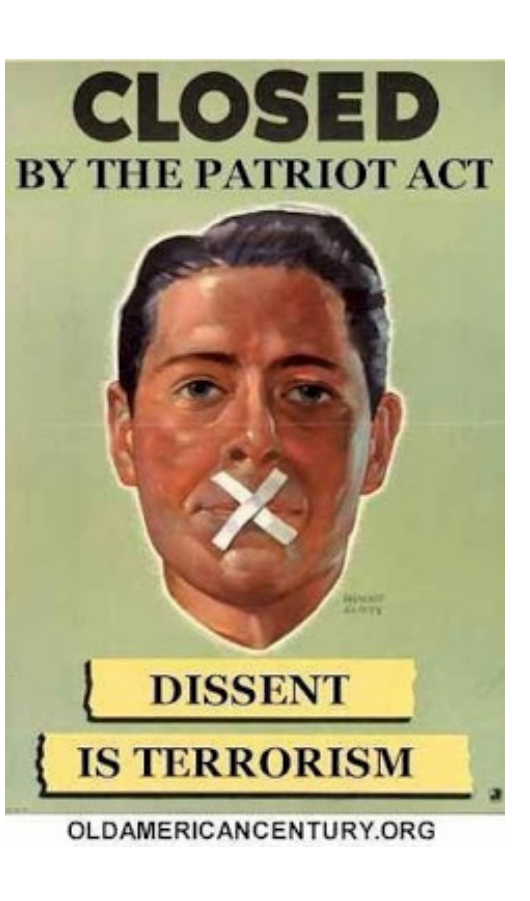
For fifty-two years, I have been a survivor of CIA, NSA, Tavistock, & Illuminati mind control--a targeted individual who fights V2K, PROJECT MONARCH, & MK-ULTRA. I was asleep for forty-seven years, and I have been awake for five. Join the resistance! Don't be a number: be a person.... View all posts by fightingmonarch

PREVIOUS POST
LYME DISEASE: A SYMPTOM OF MK-

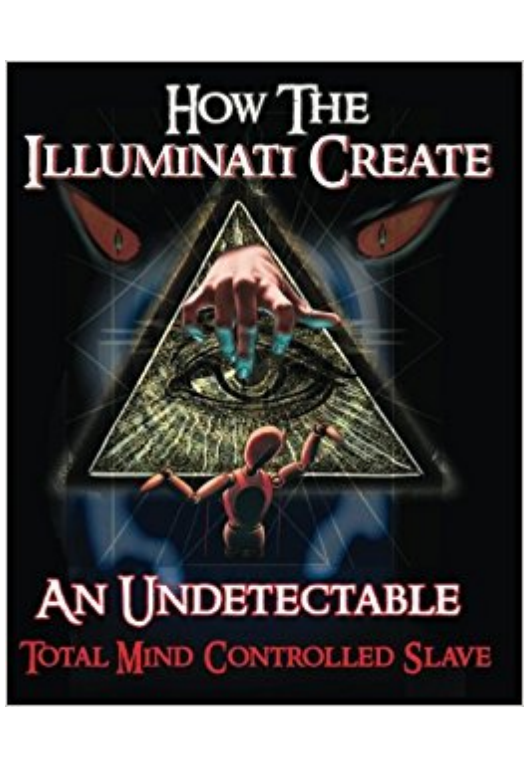
NEXT POST
THE LIE OF GLOBALISM, THE

BOEING
RAYTHEON
SUPPORT OUR BRAVE CEOs
DON'T QUESTION WARS

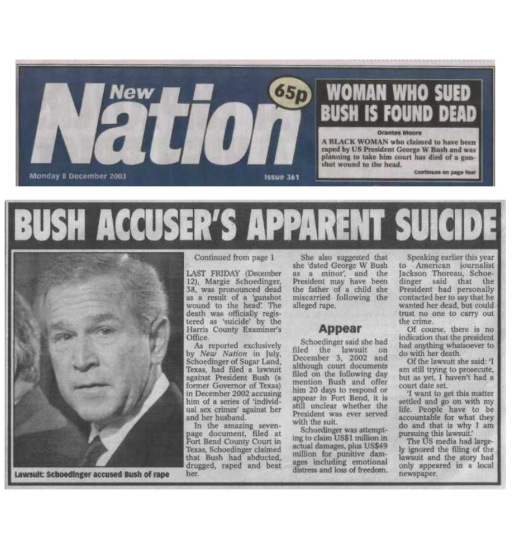

Thanks Taxpayers!
Haliburton charged you fifty bucks for this cup of joe!
HALLIBURTON
Hey, somebody's got to profit!

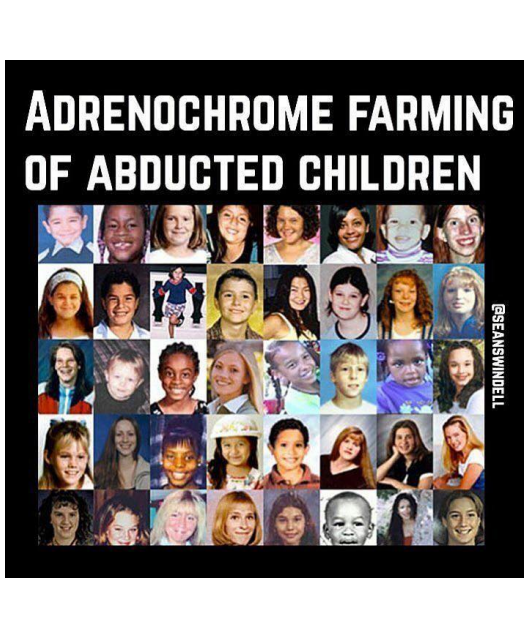

CLOSED
BY THE PATRIOT ACT
DISSENT
IS TERRORISM
OLDAMERICANCENTURY.ORG

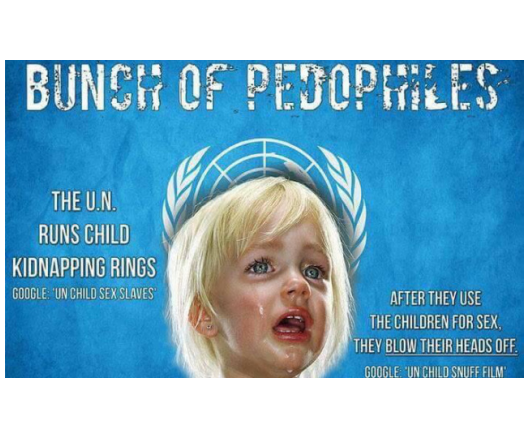
WAKE UP!
Satanic Pedophile Cabal has infiltrated and hijacked America


How The Illuminati Create
An Undetectable
Total Mind Controlled Slave

I have KNOWN Dick CHENEY since 1975.

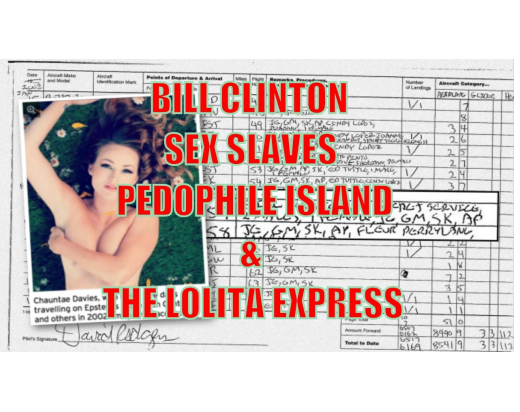

New Nation
WOMAN WHO SUED BUSH IS FOUND DEAD
BUSH ACCUSER'S APPARENT SUICIDE


ADRENOCHROME FARMING OF ABDUCTED CHILDREN


BUNCH OF PEDOPHILES
THE U.N. RUNS CHILD KIDNAPPING RINGS
AFTER THEY USE THE CHILDREN FOR SEX THEY BLOW THEIR HEADS OFF

CLINTONS TIED TO CHILD TRAFFICKING
PIZZAGATE BOMBSHELL

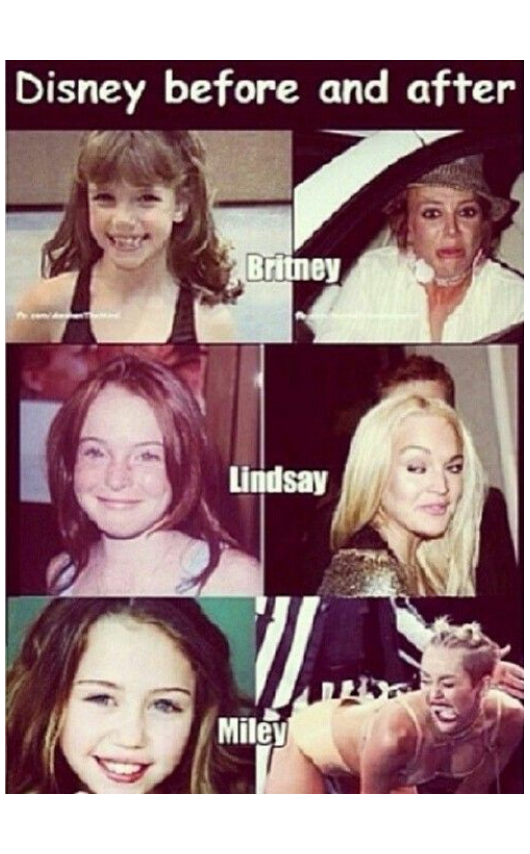
CONVICTED
CLINTON FOUNDATION TIED TO "CHILD TRAFFICKER" LAURA SILSBY

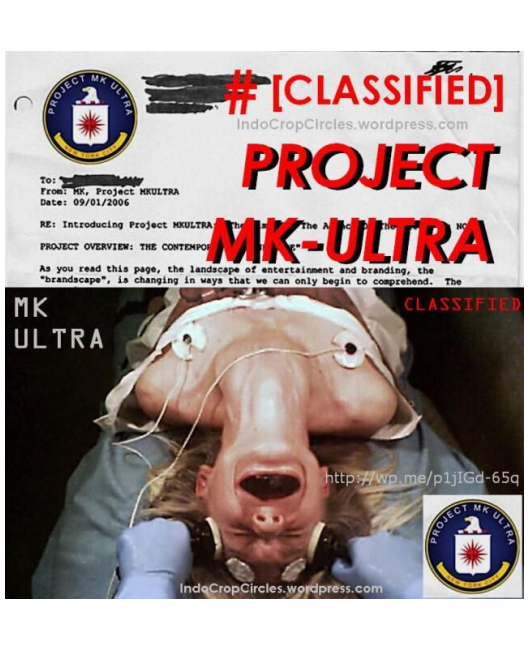

BILL CLINTON
SEX SLAVES
PEDOPHILE ISLAND
&
THE LOLITA EXPRESS

DID YOU SAY JEFFREY EPSTEIN?
THE ONE WITH ALL THE MONEY AND THE CONVICTED PAEDOPHILE FRIEND OF PRINCE ANDREW?
I WAS A CLOSE FRIEND UNTIL HE GOT CAUGHT - NOW I'VE NEVER MET HIM
DAVIDICKE.COM

I fired the head of the FBI in 1993 and the next day Vince Foster committed suicide and all his files came up missing and the press said nothing

DISNEY'S MKULTRA
Fb.com/NewWorldOutlawzXIlluminati/
SEX KITTEN PROJECT


Disney before and after
Britney
Lindsay
Miley

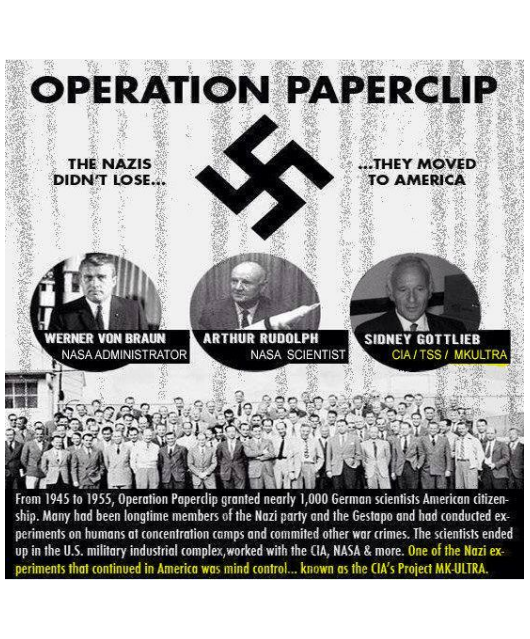

#[CLASSIFIED]
PROJECT
MK-ULTRA
MK ULTRA
CLASSIFIED

M K / U l t r a
PROJECT MONARCH
What is MONARCH
Mind Control?

SEX KITTEN
BETA PROGRAMMING
THE VICTIMS ARE OUR...
UBIQUITOUS COVERT DEPLOYMENT

ISN'T IT STRANGE HOW THE GOVERNMENT THAT SPIES ON EVERYONE ILLEGALLY
CAN'T SEEM TO STOP THE GIANT HUMAN TRAFFICKING RING OPERATING IN WASHINGTON DC?

I lost all the files linking members of parliament to child abuse & they made me their leader.


OPERATION PAPERCLIP
THE NAZIS DIDN'T LOSE...
...THEY MOVED TO AMERICA
WERNER VON BRAUN
ARTHUR RUDOLPH
SIDNEY GOTTLIEB

ULTRA?

DESTRUCTION OF ETHIOPIA, & THE USE OF FOOD AS A WEAPON

32 thoughts on “MK-ULTRA: THE SCIENTIFIC BASIS OF KUNDALINI AWAKENING”

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ANDREW
October 25, 2019 at 4:31 pm

Very great article! Im glad i stumbled upon it. Unfortunately ive recently dabbled into the third eye chakra after starting to meditate. that lead me to start trying out kundalini. If i stopped is it too late to rid my body of kundalini? if you have any input please let me know or get back to me via email. I had no idea how deep mk ultra got otherwise i wouldve never go into it

★ Liked by 1 person

Reply →

FIGHTINGMONARCH
October 25, 2019 at 10:33 pm

Your body is implanted, like mine, and CIA will continue to hit you with microwave attacks. It's like a radio inside your head, and it can induce odd sensations in your body. You can see these attacks for what they are–not you.

For more, please read my article below.

https://fightingmonarch.com/2018/04/23/fighting-mk-ultra-project-monarch-mind-control-and-misdiagnosis-of-physical-behavioral-symptoms/

★ Liked by 1 person

Reply →

HEBREWCHICKEN
June 7, 2020 at 8:42 pm

im sorry i barely got to ready your response but thank you so much for your reply!
if by some chance i am implanted how do you go about removing an implant?

★ Like

FIGHTINGMONARCH
June 7, 2020 at 9:17 pm

If you don't bother to read my first response, why should I respond to you again?

And how much does your "I'm sorry," which you did not even bother to spell correctly, mean?

And how much does your "thank you so much," when you don't bother to read my reply, mean?

You cannot remove implants.

Think before you write, fool.

And stop bothering me.

★ Liked by 2 people

HEBREWCHICKEN
June 7, 2020 at 9:37 pm

im getting these weird sensations especially as im reading this post non stop goosebumps. im not sure its because im actually implanted but i
i really needed to hear this. Also i found dr hortons video you have on your post so you can disregard my last post asking for hiow to remove them. unless you got any other methods besides detecting them please by all means share it with me. thanks again and keep up the good work!

★ Like

QUINTON HEISLER
September 27, 2021 at 4:32 am

"Who are you, Mr Gurdjieff? Rene Zuber may well ask! But his book makes it clear that he is putting the question to himself equally with his subject, letting it lead him not so much to an answer as to further questions of lineage, genealogy, kith. Who are you, Arthur, Taliesin, Prester John, Mullah Nassr Eddin, St George, Al Khidr, Z'ul Qarnain – you timeless men who weave your way through time, tradition and myth?" —PL Travers, foreword for Who Are You, Monsieur Gurdjieff? By Rene Zuber

Pamela Travers was perhaps his most famous and adept student. In hindsight, Mary Poppins is the ultimate Gurdjieffian!

★ Like

Pingback: MALCOLM X, THE UNITED NATIONS, & THE NEW WORLD ORDER – Fighting Monarch

WATCHFUL NAVIGATOR
February 28, 2020 at 6:32 pm

Powerful article and information I needed to hear. Thanks!

★ Liked by 1 person

Reply →

SIDNEY
June 6, 2020 at 7:26 pm

hello…. i would like to ask.. i got almost all the psycho electronic weapon effect…. what is that meant for me..? and what should i do ?

★ Like

Reply →

FIGHTINGMONARCH
June 7, 2020 at 6:17 am

Check out my article on microwave harassment and self-observation, which may help.

https://fightingmonarch.com/2020/01/26/self-observation-how-to-fight-microwave-harassment/

★ Liked by 1 person

Reply →

FIGHTINGMONARCH
June 7, 2020 at 6:19 am

Also make sure to secure your sleeping quarters.

https://fightingmonarch.com/2019/11/04/keep-your-home-safe/

★ Liked by 1 person

CHAS LENNOX
June 7, 2020 at 1:25 pm

Hello….
I have had spontaneous Kundalini awakenings since I was 16 y/o. I did not understand what was happening until several years later when I started studying Tibetan Buddhism. I have never felt ill affected by Kundalinli.
I have found the study of Tibetan Buddhism fascinating, I was even a Poetics contest finalist for the Naropa Institute around 1986.

I actually think there are connections between Tibetan Buddhism and Silva Mind Systems, especially visualization exercises.
Also,, Tibetan Dream Yoga is nearly identical to Lucid Dreaming…. Except it is maybe a thousand years (sic) older.

★ Like

Reply →

FIGHTINGMONARCH
June 7, 2020 at 9:20 pm

Please read my article on microwave harassment, and reread my article above.

https://fightingmonarch.com/2018/04/23/fighting-mk-ultra-project-monarch-mind-control-and-misdiagnosis-of-physical-behavioral-symptoms/

You are being microwave harassed.

★ Liked by 1 person

Reply →

FIGHTINGMONARCH
June 7, 2020 at 9:22 pm

Here is a later article I wrote, which may help on the connections among meditation, self-observation, and microwave harassment.

https://fightingmonarch.com/2020/01/26/self-observation-how-to-fight-microwave-harassment/

★ Liked by 1 person

Reply →

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Pingback: SPITE THE ILLUMINATI: CLEANSE YOUR PINEAL GLAND! – Fighting Monarch – Listen to everyone. Trust no one.

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Pingback: GRACE VAN BERKUM CALLS THE COVID-19 PLANDEMIC AS THE ROCKEFELLERS' LOCKSTEP SCENARIO – Fighting Monarch

KATE
September 30, 2020 at 10:22 am

I appreciate all your articles about NWO but I think you are wrong about kundalini and chakras. They exist in our bodies. One purpose of activating kundalini is to help with astral travel as well as many other psychic abilities like remote viewing. Egyptian pyramids were designed to help learn astral travel (http://www.oneism.org/secretsofthesoul.php). Through astral projection, your astral body can visit various dimensions and travel the universe. These visions are not all caused by microwave harassment. There are higher spiritual dimensions in this universe and within our bodies.

This book https://www.pleiadianfamily.net/new-humankind-a-pleiadian-herstory has more information. I don't blindly follow new age gurus but from what I've read, the existence of kundalini and astral travel seem compelling. The cia knows about this that's how they do remote viewing and other psychic stuff for nefarious reasons. Awakening kundalini is a tool whether it's done for good or bad depends on the user.

★ Like

Reply →

FIGHTINGMONARCH
September 30, 2020 at 4:39 pm

Thanks for your sincere note. Perhaps it helps to take a pragmatic approach, asking not what is true but what is useful to each of us under particular sets of circumstances. If someone finds an astral understanding useful, then more power to them. It seems to me that should involve an understanding of astral attack and defense. I would add that the devil is the Prince of Lies, as are his minions at the agency. Evil astral beings will lie and deceive, as they imitate good ones, just as CIA will lie and deceive as it imitates astral phenomena.

★ Like

Reply →

MAURICE URLANZA
December 8, 2020 at 1:33 pm

Great post. I am going through some of these issues as well..

★ Like

Reply →

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Pingback: WHAT DO MY DREAMS MEAN? – Fighting Monarch

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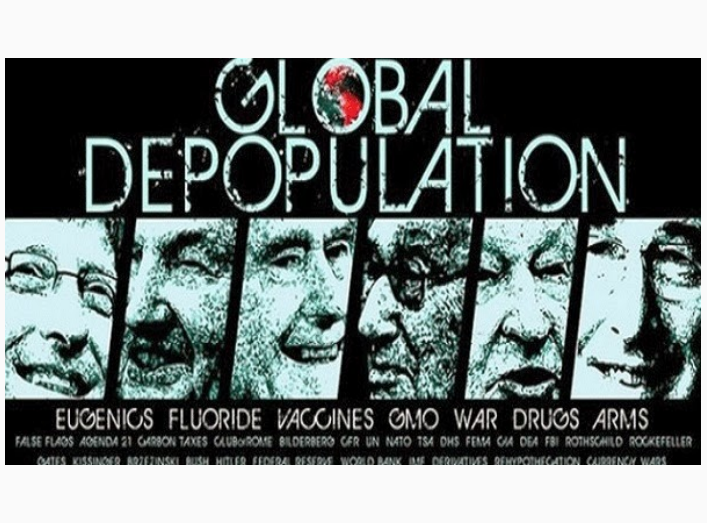
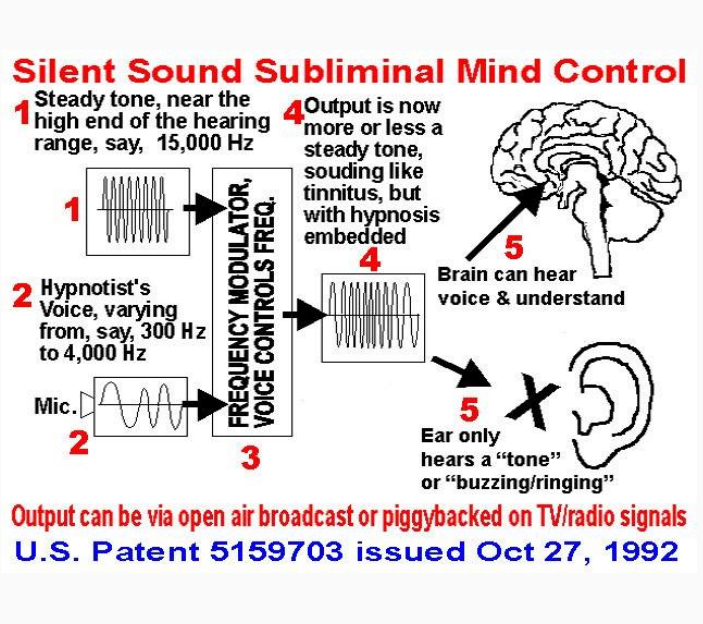
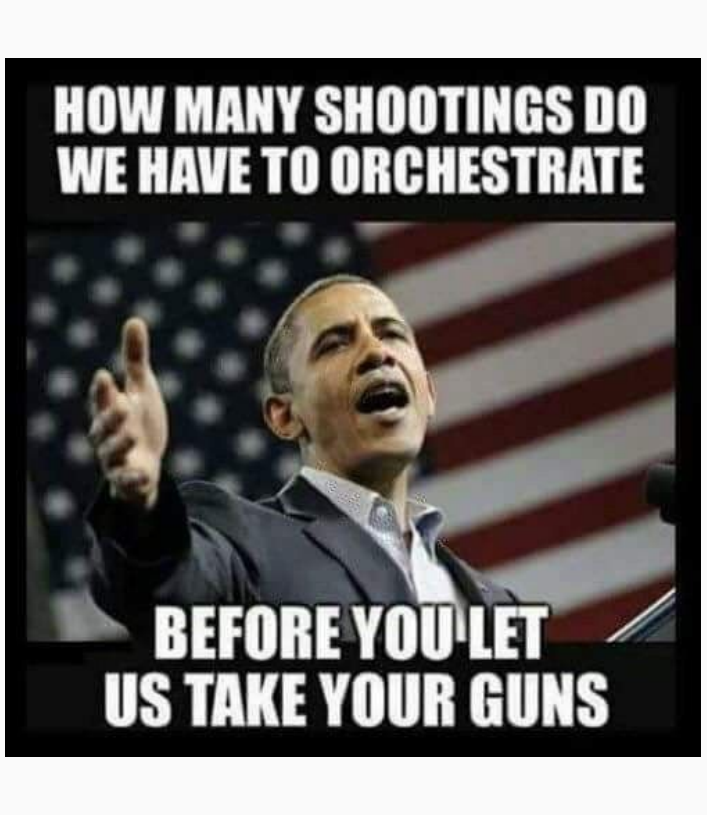
Enter your comment here...

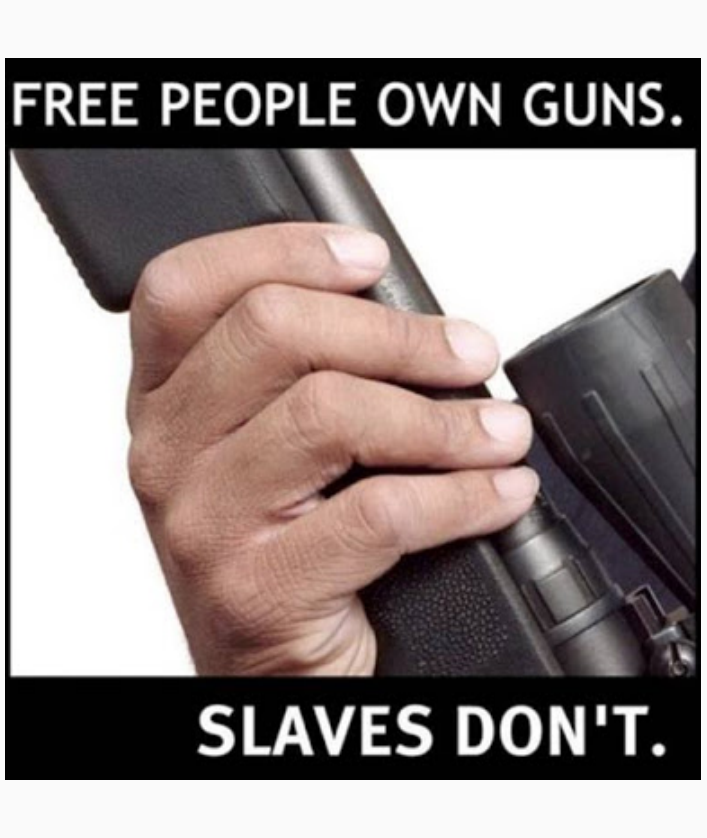
have KNOWN
Dick CHENEY
since 1975.


GLOBAL DEPOPULATION
EUGENICS FLUORIDE VACCINES GMO WAR DRUGS ARMS

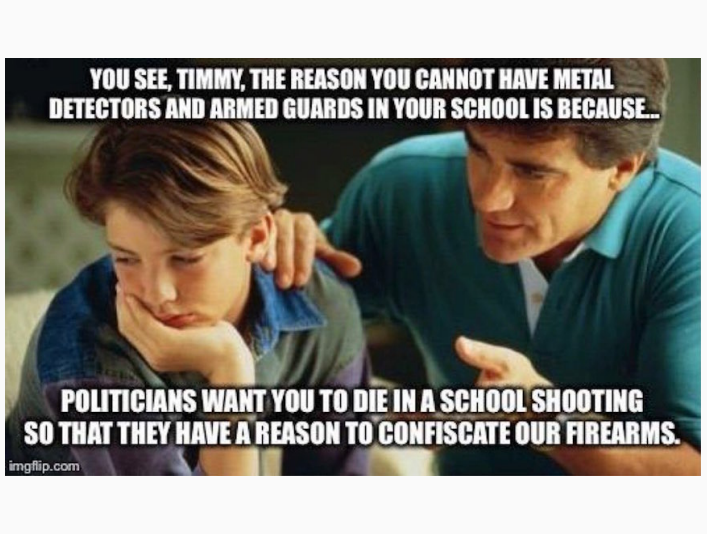

Silent Sound Subliminal Mind Control
1 Steady tone, near the high end of the hearing range, say, 15,000 Hz
2 Hypnotist's Voice, varying from, say, 300 Hz to 4,000 Hz
Mic.
3
FREQUENCY MODULATOR, VOICE CONTROLS FREQ.
4 Output is now more or less a steady tone, souding like tinnitus, but with hypnosis embedded
5 Brain can hear voice & understand
5 Ear only hears a "tone" or "buzzing/ringing"
Output can be via open air broadcast or piggybacked on TV/radio signals
U.S. Patent 5159703 issued Oct 27, 1992

Fort Lauderdale Shooting Suspect Claims The Government Allegedly Controlled His Mind Months Before The Shooting
TSR
theshaderoom


HOW MANY SHOOTINGS DO WE HAVE TO ORCHESTRATE
BEFORE YOU LET US TAKE YOUR GUNS


FREE PEOPLE OWN GUNS.
SLAVES DON'T.

MASS-MURDERERS AGREE
GUN CONTROL WORKS
FACT: 56 MILLION PEOPLE MURDERED BY THEIR OWN GOVERNMENTS IN THE 20TH CENTURY


YOU SEE, TIMMY, THE REASON YOU CANNOT HAVE METAL DETECTORS AND ARMED GUARDS IN YOUR SCHOOL IS BECAUSE...
POLITICIANS WANT YOU TO DIE IN A SCHOOL SHOOTING SO THAT THEY HAVE A REASON TO CONFISCATE OUR FIREARMS.
imgflip.com

"Nobody made a greater mistake than he who did nothing because he could only do a little."

Edmund Burke

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Resist Mind Control

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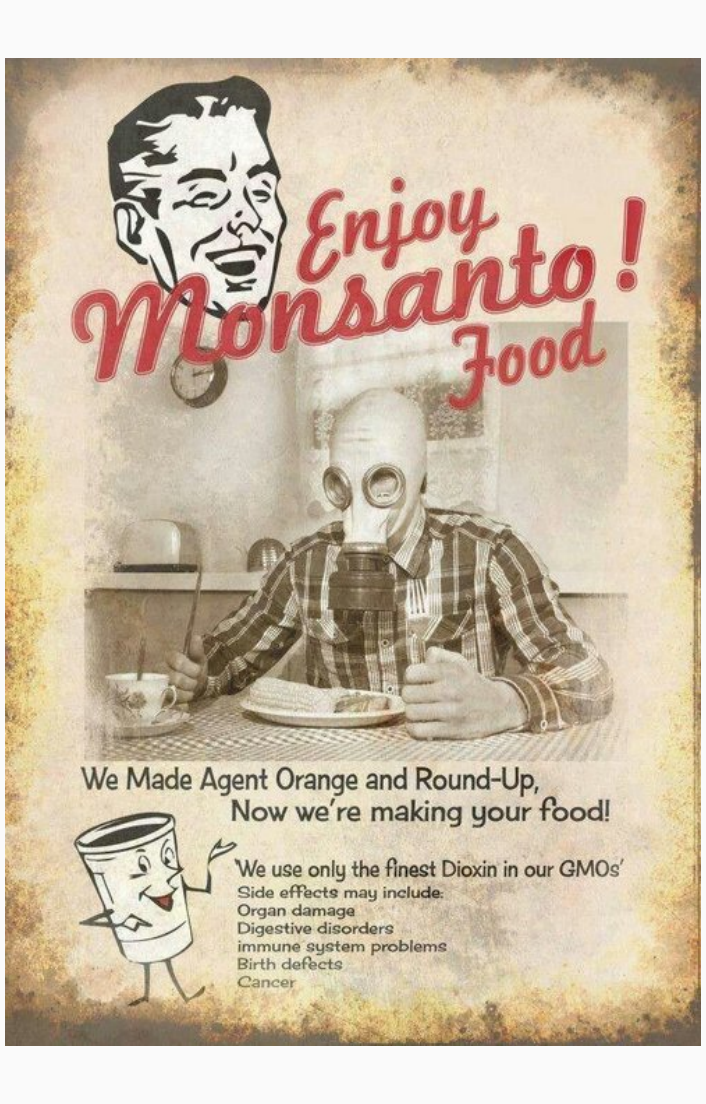
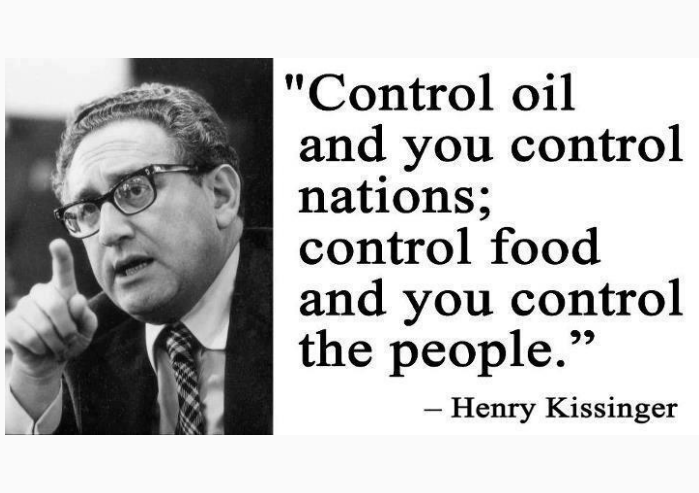
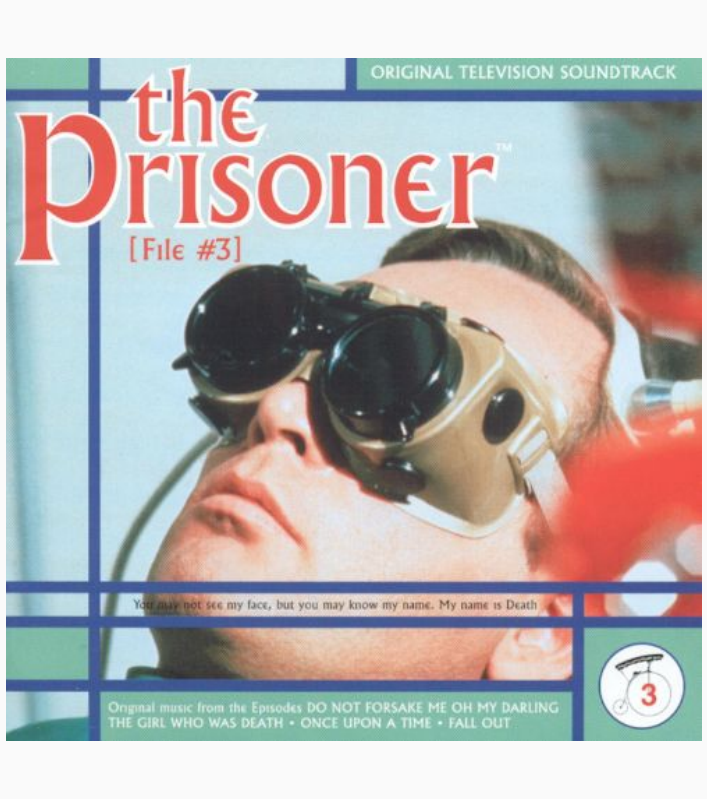

Enjoy Monsanto! Food
We Made Agent Orange and Round-Up, Now we're making your food!
We use only the finest Dioxin in our GMOs'
Side effects may include
Organ damage
Digestive disorders
immune system problems
Birth defects
Cancer



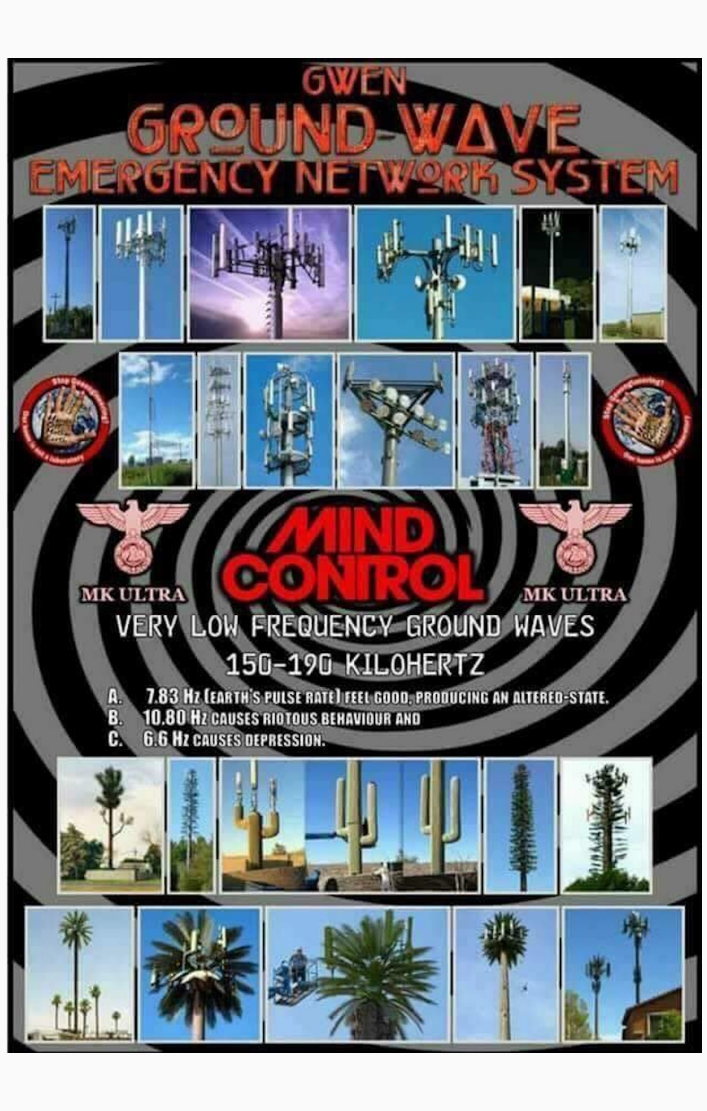
"Control oil and you control nations; control food and you control the people."
– Henry Kissinger

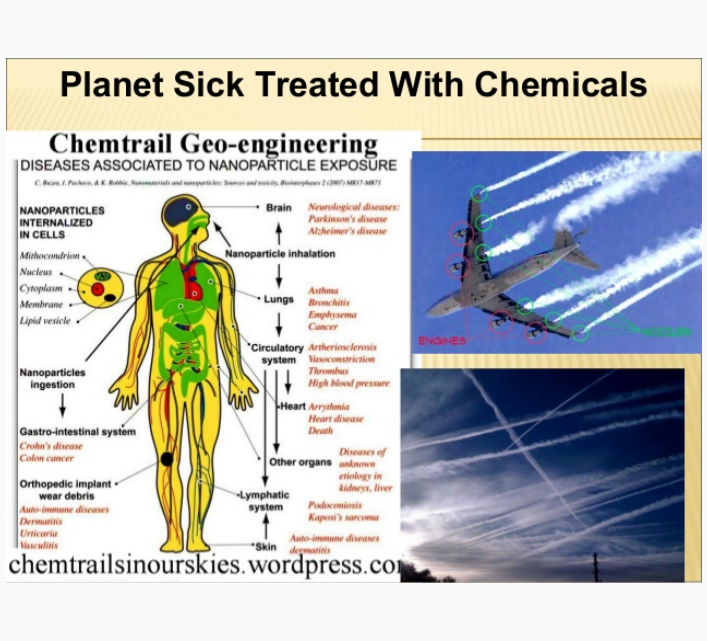
THE N.W.O. PLANS TO EXTERMINATE 90% OF THE WORLD'S POPULATION
DO YOU REALLY BELIEVE THAT YOU ARE PART OF THAT REMAINING 10%?
EDUCATE YOURSELF

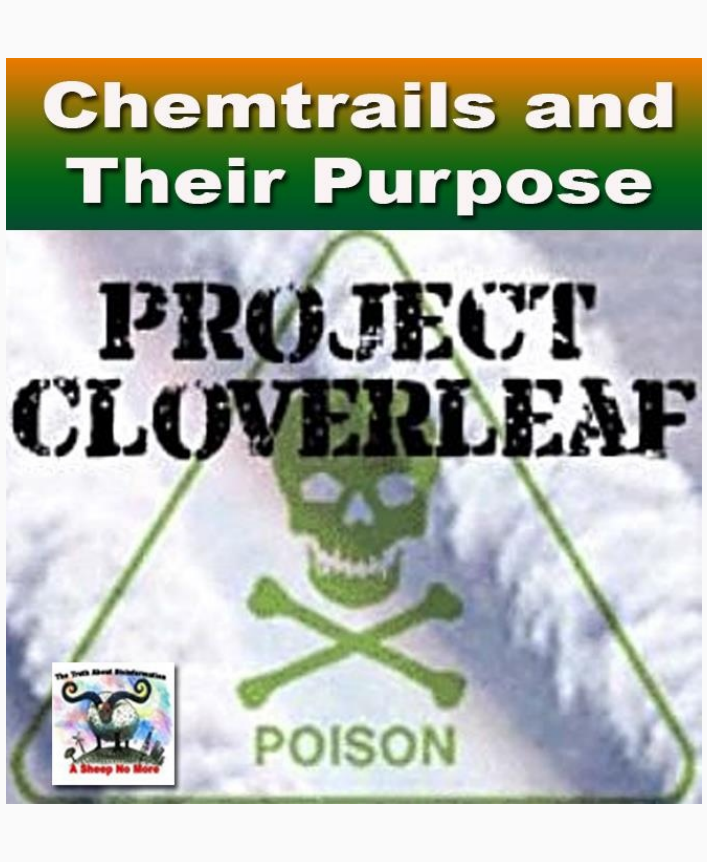

ORIGINAL TELEVISION SOUNDTRACK
the Prisoner
[File #3]
3

FARM WARS
GMOS
MONSANTO VS. YOU & YOUR FAMILY & FRIENDS
SUPPORT YOUR LOCAL FARMER'S MARKET

These are NOT "cell phone" towers.
Look up: GWEN towers
+5


GWEN
GROUND WAVE EMERGENCY NETWORK SYSTEM
MK ULTRA
MIND CONTROL
MK ULTRA
VERY LOW FREQUENCY GROUND WAVES
150-190 KILOHERTZ


Planet Sick Treated With Chemicals
Chemtrail Geo-engineering
chemtrailsinourskies.wordpress.com


Chemtrails and Their Purpose
PROJECT CLOVERLEAF
POISON

ALL THAT IS NECESSARY FOR THE TRIUMPH OF EVIL IS THAT GOOD MEN DO NOTHING.
-EDMUND BURKE